

MONDAY

**CHOOSE FROM**

- Vegetable Biryani
- Jerk Power Sausage with Spicy Jacket Wedges
- Sausages & Onions with Creamy Mashed Potato & Gravy
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Green Beans
- Roasted Seasonal Vegetables
- Mixed Salad Selection

**DESSERTS**

- Marble Sponge & Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

TUESDAY

Climate Change Day

**CHOOSE FROM**

- Sticky Tofu with Rice
- Vegetable Stir Fry with Ginger & Garlic with Noodles
- Creamy Mac 'n' Cheese
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Fresh Seasonal Broccoli
- Mixed Vegetables
- Mixed Salad Selection

**DESSERTS**

- Chocolate Cracknel & Chocolate Sauce
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

WEDNESDAY

**CHOOSE FROM**

- Jackfruit Jambalaya
- Cheese & Sweetcorn Quiche with Rosemary Roast Potatoes
- Homemade Chicken & Sweetcorn Pie with Rosemary Roasted Potatoes
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Sweetcorn
- Fresh Green Cabbage
- Mixed Salad Selection

**DESSERTS**

- Lemon Drizzle Cake & Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

THURSDAY

**CHOOSE FROM**

- Pasta Arrabiatta
- Thai Katsu Curry with Tangy Lemon Rice
- Cottage Pie & Gravy
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Minted Garden Peas
- Fresh Organic Carrots
- Mixed Salad Selection

**DESSERTS**

- Carrot Cake & Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

FRIDAY

**CHOOSE FROM**

- Tex Mex & Chipped Potatoes
- Catch of the Day with a Lemon Twist & Chipped Potatoes
- MSC Golden Crumb Fish Fingers with Chipped Potatoes
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Stir Fried Courgettes
- Baked Beans
- Mixed Salad Selection

**DESSERTS**

- Fruity Flapjack
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

A selection of natural fruit drinks, milkshakes and bottled water are available.

Provider of excellent quality, freshly cooked, tasty, nutritious school meals.

Why not try one of our delicious plant based dishes. Working to reduce sugar content of our desserts in line with current healthy living advice.

OCTOBER

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NOVEMBER

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DECEMBER

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JANUARY

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FEBRUARY

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- Vegetarian
- Vegan
- Gluten Free
- Dairy Free



Please note: all cakes, pastry and pizza bases are freshly made using organic flour. Where halal meat has been requested by the school, it is HFA certified (or equivalent). Information on allergens present in this menu is available at [www.walthamforest.gov.uk/schoolmeals](http://www.walthamforest.gov.uk/schoolmeals) or at the school.



MONDAY

**CHOOSE FROM**

- Soft Sub Roll with Vegan Balls and Mariana Sauce
- Creamy Vegetable Pasta Bake
- Savoury Beef Bolognaise with Wholewheat Spaghetti
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Fresh Seasonal Broccoli
- Sweetcorn
- Mixed Salad Selection

**DESSERTS**

- Banana Cake & Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

TUESDAY

Climate Change Day

**CHOOSE FROM**

- Roasted Mediterranean Vegetable Tagliatelle
- Sweet & Sour Vegetables with Mixed Rice
- Firecracker Pizza
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Fresh Organic Carrots
- Minted Garden Peas
- Mixed Salad Selection

**DESSERTS**

- Rice Pudding & Winter Berries
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

WEDNESDAY

**CHOOSE FROM**

- Forest Fajita with Jacket Wedges
- Cheese & Onion Puff with Jacket Wedges
- Beef Curry with Mixed Rice
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Fresh Seasonal Roasted Root Vegetables
- Mixed Salad Selection

**DESSERTS**

- Apple Crumble and Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

THURSDAY

**CHOOSE FROM**

- Spiced Bangkok Noodles
- Quorn Sausage Jambalya
- Jerk Chicken with Rice & Peas
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Fresh Seasonal Cabbage
- Mixed Vegetables
- Mixed Salad Selection

**DESSERTS**

- Chocolate Cake with Custard Sauce
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

FRIDAY

**CHOOSE FROM**

- Pulled Smokey Jackfruit Burger with Chipped Potatoes
- MSC Golden Crumb Fish Fingers & Chipped Potatoes
- MSC Catch of the Day with Tartare Sauce & Chipped Potatoes
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

**SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

**UNLIMITED**

- Minted Garden Peas
- Baked Beans
- Mixed Salad Selection

**DESSERTS**

- Iced Lemon & Lime Courgette Cake
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

A selection of natural fruit drinks, milkshakes and bottled water are available.

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MONDAY

CHOOSE FROM

- Mediterranean Pasta Bake
- Bubble Crumb Salmon Fillet with Jacket Wedges
- Chilli Con Carne with Nachos served with Mixed Rice
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

SANDWICHES

Selection of Sandwiches, Baguettes, Wraps & Paninis

UNLIMITED

- Fresh Seasonal Broccoli
- Sweetcorn
- Mixed Salad Selection

DESSERTS

- Pineapple Upside Down Cake & Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

TUESDAY  
Climate Change Day

CHOOSE FROM

- Jollof Rice
- Sweet Chilli Noodle Pot
- Margarita Pizza & Garlic Bread
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

SANDWICHES

Selection of Sandwiches, Baguettes, Wraps & Paninis

UNLIMITED

- Fresh Organic Carrots
- Green Beans
- Mixed Salad Selection

DESSERTS

- Chocolate Brownie with Ice Cream
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

WEDNESDAY

CHOOSE FROM

- Three Bean Chilli with Avocado Salsa and Mixed Rice
- Tomato & Spinach Pilaf
- Chicken Korma with Mixed Rice
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

SANDWICHES

Selection of Sandwiches, Baguettes, Wraps & Paninis

UNLIMITED

- Sweetcorn Coblettes
- Mixed Vegetables
- Mixed Salad Selection

DESSERTS

- Coconut Jelly
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

THURSDAY

CHOOSE FROM

- Sri Lankan Sweet Potato & Coconut Curry served with Savoury Rice
- Cheese & Pepper Frittata with Jacket Wedges
- Southern Fried Chicken Burger with Jacket Wedges
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

SANDWICHES

Selection of Sandwiches, Baguettes, Wraps & Paninis

UNLIMITED

- Roasted Seasonal Root Vegetables
- Mixed Salad Selection

DESSERTS

- Ginger Cake & Custard
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

FRIDAY

CHOOSE FROM

- Spicy Vegetable Quesdilla with Chipped Potatoes
- MSC Catch of the Day with Oven Baked Chipped Potatoes
- MSC Fish Fingers & Chips
- Jacket Potato with Various Fillings
- Pasta King Pasta Pots

SANDWICHES

Selection of Sandwiches, Baguettes, Wraps & Paninis

UNLIMITED

- Minted Garden Peas
- Baked Beans
- Mixed Salad Selection

DESSERTS

- Lemon Cheesecake
- Organic Fruit Yogurt
- Fruit Pots
- Seasonal Fresh Fruit
- Ice Cream Tub

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