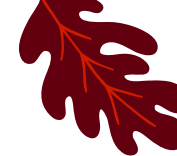


Autumn/Winter Menu 2023/24



MONDAY

CHOOSE FROM

Tomato and Basil Pasta 🍷 🍷
Jacket Potato with Baked Beans (FDA) 🍷 🍷, Cheese 🍷 or Tuna 🍷
Cottage Pie 🍷 served with Gravy 🍷

SIDES

Creamy Mashed Potato 🍷 🍷

UNLIMITED

Sweetcorn 🍷
Green Beans 🍷
Salad Selection 🍷
Homemade Bread 🍷

DESSERTS

Cheese and Crackers 🍷 with Fresh Apple Slice 🍷
Organic Fruit Yogurt 🍷 with Seasonal Fresh Fruit 🍷
Seasonal Fresh Fruit (FDA) 🍷

SAVE THE PLANET TUESDAY

CHOOSE FROM

Planet Pizza Wedge 🍷
Vegetable Supreme Pizza 🍷
Squash & Spinach Curry (FDA) 🍷
🍷

SIDES

Skin On Wedges 🍷
Tangy Lemon Rice 🍷

UNLIMITED

Minted Garden Peas 🍷
Roasted Organic Carrots 🍷
Salad Selection 🍷
Homemade Bread 🍷

DESSERTS

Peaches 🍷 and Custard 🍷
Organic Fruit Yogurt 🍷 with Seasonal Fresh Fruit 🍷
Seasonal Fresh Fruit (FDA) 🍷

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Red Vegetable Chilli (FDA) 🍷
Jollof Rice (FDA) 🍷
Lemon and Garlic Chicken (FDA)

SIDES

Roast Potatoes 🍷
Mixed Rice 🍷

UNLIMITED

Fresh Seasonal Broccoli 🍷
Sweetcorn Coblets 🍷
Salad Selection 🍷
Homemade Bread 🍷

DESSERTS

Caramelised Pineapple (FDA) 🍷
Fresh Fruit Salad (FDA) 🍷
Seasonal Fresh Fruit (FDA) 🍷

Milk 🍷 will be available after lunch.

CLIMATE CHANGE THURSDAY

CHOOSE FROM

Jackfruit Pasta Bake 🍷
Sizzling Stir Fry 🍷
Jacket Potato with Baked Beans (FDA) 🍷, Cheese 🍷 or Tuna 🍷

SIDES

Noodles 🍷

UNLIMITED

Mixed Vegetables 🍷
Fresh Season Green Cabbage 🍷
Salad Selection 🍷
Homemade Bread 🍷

DESSERTS

Creamy Rice Pudding 🍷 with a Fruit Compote
Organic Fruit Yogurt 🍷 with Seasonal Fresh Fruit 🍷
Seasonal Fresh Fruit (FDA) 🍷

FRIDAY

CHOOSE FROM

Spiced Chickpea and Sweet Potato Pilaf (FDA) 🍷
MSC Golden Crumb Fish Fingers 🍷 with Lemon Slice
Homemade Chicken and Sweetcorn Pie with Gravy

SIDES

Oven Baked Chips 🍷

UNLIMITED

Baked Beans 🍷
Minted Garden Peas 🍷
Salad Selection 🍷
Homemade Bread 🍷

DESSERTS

Fruit and Ice Cream 🍷
Organic Fruit Yogurt 🍷 with Seasonal Fresh Fruit 🍷
Seasonal Fresh Fruit (FDA) 🍷

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 or at the school.



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

We are working to reduce sugar content of our desserts in line with current healthy living advice.

National School Meals Week
6-10 November



Helping to support
climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

OCTOBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER

M	T	W	T	F
	1	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DECEMBER

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

JANUARY

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MARCH

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- 🍷 Vegetarian
- 🍷 🍷 Vegan
- 🍷 Gluten Free
- 🍷 Dairy Free
- FDA Free from the 14 declarable allergens

Autumn/Winter Menu 2023/24



MONDAY

CHOOSE FROM

Tomato & Vegetable Pasta Bake
Bubble Crumb Salmon Fillet
60/40 Burger (FDA) in a Bun

SIDES

Jacket Wedges

UNLIMITED

Fresh Seasonal Organic Carrots
Green Beans
Salad Selection
Homemade Bread

DESSERTS

Strawberry Mousse
Organic Fruit Yogurt with
Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

SAVE THE PLANET
TUESDAY

CHOOSE FROM

Vegetable and Chickpea Curry (FDA)
Cheese and Potato Whirls
Jacket Potato with Baked Beans (FDA) , Cheese or Tuna

SIDES

Creamed Potatoes
Mixed Rice

UNLIMITED

Fresh Seasonal Broccoli
Sweetcorn
Salad Selection
Homemade Bread

DESSERTS

Carrot Cake and Custard
Organic Fruit Yogurt with
Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

ALLERGEN FRIENDLY
WEDNESDAY (FDA)

CHOOSE FROM

Cajun Bean Kebab (FDA)
Jacket Topped Bolognese (FDA)
Tangy Moroccan Chicken Tagine (FDA)

SIDES

Mixed Rice

UNLIMITED

Rainbow Roasted Veggies
Salad Selection
Homemade Bread

DESSERTS

Fruit Jelly Pot (FDA)
Fresh Fruit Salad (FDA)
Seasonal Fresh Fruit (FDA)

Milk will be available after lunch.

CLIMATE CHANGE
THURSDAY

CHOOSE FROM

Roasted Vegetable Biryani
Jacket Potato with Baked Beans (FDA) , Cheese or Tuna
Homemade Cheddar Cheese and Sweetcorn Quiche

SIDES

Parsley Steamed Potatoes

UNLIMITED

Garden Peas
Mixed Vegetables
Salad Selection
Homemade Bread

DESSERTS

Chocolate Cracknel and Custard
Organic Fruit Yogurt with
Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

FRIDAY

CHOOSE FROM

Sticky Tofu with Rice Noodles
MSC Golden Crumb Fish Fingers with a Lemon Twist
Hot n Kickin Chicken (FDA)

SIDES

Oven Baked Chips

UNLIMITED

Baked Beans
Sweetcorn
Salad Selection
Homemade Bread

DESSERTS

Cheese and Crackers with Fresh Apple Slice
Organic Fruit Yogurt with
Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

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 or at the school.

WEEK 2



Helping to support
climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

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

We are working to reduce sugar content of our desserts in line with current healthy living advice.

National School
Meals Week
6-10 November



OCTOBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER

M	T	W	T	F
	1	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DECEMBER

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

JANUARY

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MARCH

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- FDA Free from the 14 declarable allergens

Autumn/Winter Menu 2023/24



SAVE THE PLANET TUESDAY

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CLIMATE CHANGE THURSDAY

FRIDAY

MONDAY

CHOOSE FROM

Pasta Neapolitan
Jacket Potato with Baked Beans (FDA) , Cheese or Tuna
Beef Bologaise

SIDES

Wholewheat Spaghetti

UNLIMITED

Fresh Organic Carrots
Sweetcorn
Salad Selection
Homemade Bread

DESSERTS

Apple Crumble and Custard
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Smoky Vegetable and Bean Jambalaya (FDA)
Mac n Cheese
Sweetcorn & Mixed Pepper Frittata

SIDES

Potato Puffs

UNLIMITED

Green Beans
Roasted Cauliflower Florets
Salad Selection
Homemade Bread

DESSERTS

Shortbread Biscuit with Orange Slice and Milk
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Roasted Stuffed Pepper (FDA)
Veggie Hotpot (FDA)
Meatballs in a Spicy Italian Sauce (FDA)

SIDES

Sliced Potatoes
Mixed Rice

UNLIMITED

Fresh Seasonal Broccoli
Mixed Vegetables
Salad Selection
Homemade Bread

DESSERTS

Fruit Smoothie (FDA)
Fresh Fruit Salad (FDA)
Seasonal Fresh Fruit (FDA)

Milk will be available after lunch.

CHOOSE FROM

Creamy Korma
Roasted Vegetable Tagliatelle
Jacket Potato with Baked Beans (FDA) , Cheese or Tuna

SIDES

Coconut Rice

UNLIMITED

Sweetcorn
Roasted Organic Carrots
Salad Selection
Homemade Bread

DESSERTS

Chocolate Sponge with Chocolate Sauce
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Power Burger (FDA) in a Bun
MSC Golden Crumb Fish Fingers with a Lemon Twist
Herby Chicken (FDA)

SIDES

Chipped Potatoes

UNLIMITED

Baked Beans
Garden Peas
Salad Selection
Homemade Bread

DESSERTS

Artic Roll or Ice Cream
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

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 or at the school.

WEEK 3



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

We are working to reduce sugar content of our desserts in line with current healthy living advice.

National School Meals Week
6-10 November



Helping to support
climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

OCTOBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER

M	T	W	T	F
	1	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DECEMBER

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

JANUARY

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MARCH

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- FDA Free from the 14 declarable allergens