

Autumn/Winter Menu 2023/24



MONDAY

CHOOSE FROM

Tomato and Basil Pasta
 Jacket Potato with Baked Beans (FDA) 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) or Cheese

SIDES

Noodles
 Rice 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.



WEEK 1



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.



19th February to 29th March 2024

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 (V) (VF)
- Bubble Crumb Salmon Fillet (GF) (GF)
- 60/40 Burger (FDA) in a Bun

SIDES

- Jacket Wedges (VF)

UNLIMITED

- Fresh Seasonal Organic Carrots (VF)
- Green Beans (VF)
- Salad Selection (VF)
- Homemade Bread (V)

DESSERTS

- Strawberry Mousse (V) (GF)
- Organic Fruit Yogurt (V) with Seasonal Fresh Fruit (VF)
- Seasonal Fresh Fruit (FDA) (VF)

SAVE THE PLANET TUESDAY

CHOOSE FROM

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

SIDES

- Creamed Potatoes (V)
- Mixed Rice (VF)

UNLIMITED

- Fresh Seasonal Broccoli (VF)
- Sweetcorn (VF)
- Salad Selection (VF)
- Homemade Bread (V)

DESSERTS

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

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

- Cajun Bean Kebab (FDA) (VF)
- Jacket Topped Bolognese (FDA) (VF)
- Hot n Kickin Chicken (FDA)

SIDES

- Mixed Rice (VF)

UNLIMITED

- Rainbow Roasted Veggies (VF)
- Salad Selection (VF)
- Homemade Bread (VF)

DESSERTS

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

Milk (V) (VF) will be available after lunch.



CLIMATE CHANGE THURSDAY

CHOOSE FROM

- Roasted Vegetable Biryani (GF) (GF) (VF)
- Jacket Potato with Baked Beans (FDA) (VF) or Cheese (V)
- Homemade Cheddar Cheese and Sweetcorn Quiche (V)

SIDES

- Parsley Steamed Potatoes (VF)

UNLIMITED

- Garden Peas (VF)
- Mixed Vegetables (VF)
- Salad Selection (VF)
- Homemade Bread (V)

DESSERTS

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

FRIDAY

CHOOSE FROM

- Sticky Tofu (VF) with Rice Noodles (GF) (VF)
- MSC Golden Crumb Fish Fingers (GF) with a Lemon Twist
- Chicken Creole (FDA)

SIDES

- Oven Baked Chips (VF)

UNLIMITED

- Baked Beans (VF)
- Sweetcorn (VF)
- Salad Selection (VF)
- Homemade Bread (V)

DESSERTS

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

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.



19th February to 29th March 2024

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

- (V) Vegetarian
- (VF) Vegan
- (GF) Gluten Free
- (GF) Dairy Free
- (FDA) Free from the 14 declarable allergens



Autumn/Winter Menu 2023/24



MONDAY

CHOOSE FROM

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

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)

SAVE THE PLANET TUESDAY

CHOOSE FROM

Smoky Vegetable and Bean Jambalaya (FDA)
 Creamy 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)

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Roasted Stuffed Pepper (FDA)
 Crispy Topped 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.

CLIMATE CHANGE THURSDAY

CHOOSE FROM

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

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)

FRIDAY

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

Arctic 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



Helping to support climate action

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



19th February to 29th March 2024

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

