MONDAY CLIMATE CHANGE DAY

TUESDAY **BURGER DAY**

WEDNESDAY TRADITIONAL DAY

THURSDAY CURRY DAY

FRIDAY CHEFS CHOICE

HOMEMADE CHEESE AND POTATO PUFFS W WITH POTATO WEDGES

STICKY TOFU WITH MIXED RICE ® Y

JACKET POTATO WITH VARIOUS FILLINGS ® Y •

SPICED DIRTY
CHICKEN BURGER IN
A FLOURED BAP WITH
JACKET WEDGES

JERK POWER
SAUSAGE IN A FLOURED
BUN WITH JACKET
WEDGES •

JACKET POTATO WITH VARIOUS FILLINGS ♥ ♥

SPAGHETTI BOLOGANISE

ROASTED WINTER VEGETABLE BIRYANI ♥✓

JACKET POTATO WITH VARIOUS FILLINGS & Y

CHICKEN CURRY AND MIXED RICE

SWEET POTATO AND CHICKPEA CURRY WITH MIXED RICE **

JACKET POTATO WITH VARIOUS FILLINGS • V

MSC DEEP FRIED FISH WITH CHIPPED POTATOS OR MSC FISH FINGERS WITH CHIPPED POTATOES

SPICY VEGETABLE
QUESADILLA **

V

JACKET POTATO WITH VARIOUS FILLINGS ♥ ♥

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD



STREET

PASTA

COLD

DESSERTS

MEXICAN STYLE QUORN LOADED BURRITO ♥

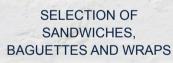
BEEF ENCHILADAS

SIZZLING CHICKEN AND GINGER STIR FRY WITH NOODLES

MAC N CHEESE V

JERK CHICKEN WINGS







SELECTION OF SANDWICHES, BAGUETTES AND WRAPS



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS

JAM COCONUT SPONGE ♥
AND CUSTARD ♥ ✓ ♥

FRESH FRUIT © Y

FRUIT POTS •Y

ICE CREAM TUB ♥

ORGANIC FRUIT YOGURT V

BANANA CAKE VAND CUSTARD VV

FRESH FRUIT ®

FRUIT POTS ©Y

ORGANIC FRUIT YOGURT

ICE CREAM TUB

CHOCOLATE CRACKNEL AND CHOCOLATE SAUCE ♥

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB

LEMON DRIZZLE CAKE ♥
AND CUSTARD ♥ ♥

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB

FRUITY FLAPJACK •

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

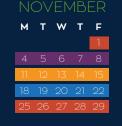
ICE CREAM TUB •

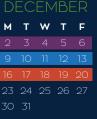
A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER

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.















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.



VEEK !

MAINS

PASTA

COLD

DESSERTS

MONDAY

CLIMATE

CHANGE DAY

TUESDAY **BURGER DAY**

WEDNESDAY

TRADITIONAL

DAY

THURSDAY

CURRY DAY

FRIDAY

CHEFS CHOICE

CREAMY PASTA BAKE

SWEET AND SOUR VEGETABLES WITH MIXED RICE © Y

JACKET POTATO WITH VARIOUS FILLINGS ♥ ♥

SPICY NACHO TOPPED BEEF BURGER IN A FLOURED BUN WITH ITALIAN DICED POTATOES

HALLOUMI BURGER WITH ITALIAN DICED POTATOES

JACKET POTATO WITH VARIOUS FILLINGS ♥ ♥

ROASTED GARLIC AND LEMON CHICKEN WITH ROSEMARY ROAST POTATOES, SAGE AND ONION STUFFING, AND GRAVY

HOMEMADE CHEESE AND SWEETCORN QUICHE WITH ROSEMARY ROAST POTATOES •

JACKET POTATO WITH VARIOUS FILLINGS ® Y •

LAMB ROGAN JOSH WITH MIXED RICE

THAI KATSU CURRY WITH MIXED RICE **®** ✓

JACKET POTATO WITH VARIOUS FILLINGS ® Y •

MSC FISH FINGERS WITH CHIPPED POTATOES OR BUBBLE CRUMB SALMON WITH CHIPPED POTATOES

STUFFED BELL PEPPER **©** ✓

JACKET POTATO WITH VARIOUS FILLINGS ♠ ✓ •

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD

FRESH BREAD IS MADE DAILY

SPICED BANKOK NOODLES **V**



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS FISH AND CHIP WRAP



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS TEX MEX



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS CHILLI TOPPED NACHOS



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS PIRI PIRI CHICKEN WINGS



SELECTION OF SANDWICHES, BAGUETTES AND WRAPS

PEACH MELBA

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB •

APPLE CRUMBLE ♥
SERVED WITH CUSTARD

OY V

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT V

ICE CREAM TUB

ETON MESS V

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT V

ICE CREAM TUB

LEMON CHEESECAKE

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB

CHOCOLATE AND
BEETROOT MUFFIN SERVED WITH CUSTARD

FRESH FRUIT **©** ✓

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB

A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER

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✓ Vegetarian✓ Vegan

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MONDAY **CLIMATE CHANGE DAY**

TUESDAY **BURGER DAY** WEDNESDAY **TRADITIONAL** DAY

THURSDAY CURRY DAY

FRIDAY **CHEFS CHOICE**

MAC N CHEESE V

THAI STYLE JASMINE RICE V

JACKET POTATO WITH VARIOUS FILLINGS ♥ V

BEEF TOWER BURGER WITH JACKET WEDGES

FALAFEL STUFFED PITTA WITH MINT YOGURT AND RED CABBAGE

JACKET POTATO WITH VARIOUS FILLINGS FY V

HOMEMADE CHICKEN AND SWEETCORN PIE WITH ROASTED POTATOES AND GRAVY

ROASTED VEGETABLE LOAF WITH ROASTED POTATOES AND GRAVY V

JACKET POTATO WITH VARIOUS FILLINGS VV V

BEEF CURRY WITH MIXED RICE

TOFU CURRY WITH EGG FRIED RICE V

JACKET POTATO WITH VARIOUS FILLINGS ♥ V

SPRING ROLLS WITH

MIXED RICE AND SWEET

CHILLI SAUCE FY

MSC DEEP FRIED FISH WITH CHIPPED POTATOES OR MSC FISH FINGERS WITH CHIPPED POTATOES

> **OLIVE & TOMATO** RISOTTO FY

JACKET POTATO WITH VARIOUS FILLINGS FY V

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD

FRESH BREAD IS MADE DAILY

STICKY CHICKEN WINGS WITH

CHIPPED POTATOES

PASTA

COLD

DESSERTS

CLASSIC CHEESE AND TOMATO PIZZA WEDGE AND GARLIC BREAD



SELECTION OF SANDWICHES, **BAGUETTES AND WRAPS** **WRAP**

CHICKEN ZINGER



SELECTION OF SANDWICHES, **BAGUETTES AND WRAPS** SMOKEY BEEF **BURRITO**



SELECTION OF SANDWICHES, **BAGUETTES AND WRAPS**

SELECTION OF SANDWICHES, **BAGUETTES AND WRAPS**

O VE



SELECTION OF SANDWICHES, **BAGUETTES AND WRAPS**

PINEAPPLE UPSIDE DOWN CAKE V AND CUSTARD FY V

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB •

APPLE PIE SERVED WITH CUSTARD OF V

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT V

ICE CREAM TUB V

RICE PUDDING WITH FRUIT COMPOTE V

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB V

FROSTED CARROT CAKE SERVED WITH CUSTARD FY V

FRESH FRUIT FY

FRUIT POTS FY

ORGANIC FRUIT YOGURT

ICE CREAM TUB

STICKY CHOCOLATE BROWNIE SERVED WITH CUSTARD FY V

FRESH FRUIT **©** ✓

FRUIT POTS FY

ORGANIC FRUIT YOGURT

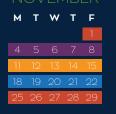
ICE CREAM TUB V

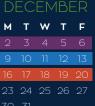
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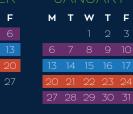
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M T W T F











Vegetarian **Æ**∜ Vegan

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