

AUTUMN/WINTER MENU



WEEK 1	MONDAY CLIMATE CHANGE DAY		TUESDAY BURGER DAY		WEDNESDAY TRADITIONAL DAY		THURSDAY CURRY DAY		FRIDAY CHEFS CHOICE		
	HOMEMADE CHEESE AND POTATO PUFFS WITH POTATO WEDGES		SPICED DIRTY CHICKEN BURGER IN A FLOURED BAP WITH JACKET WEDGES		SPAGHETTI BOLOGANISE		CHICKEN CURRY AND MIXED RICE		MSC DEEP FRIED FISH WITH CHIPPED POTATOS OR MSC FISH FINGERS WITH CHIPPED POTATOES		
	STICKY TOFU WITH MIXED RICE		JERK POWER SAUSAGE IN A FLOURED BUN WITH JACKET WEDGES		ROASTED WINTER VEGETABLE BIRYANI		SWEET POTATO AND CHICKPEA CURRY WITH MIXED RICE		SPICY VEGETABLE QUESADILLA		
	JACKET POTATO WITH VARIOUS FILLINGS		JACKET POTATO WITH VARIOUS FILLINGS		JACKET POTATO WITH VARIOUS FILLINGS		JACKET POTATO WITH VARIOUS FILLINGS		JACKET POTATO WITH VARIOUS FILLINGS		
	ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD										FRESH BREAD IS MADE DAILY
STREET	MEXICAN STYLE QUORN LOADED BURRITO		BEEF ENCHILADAS		SIZZLING CHICKEN AND GINGER STIR FRY WITH NOODLES		MAC N CHEESE		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		SELECTION OF SANDWICHES, BAGUETTES AND WRAPS		
	JAM COCONUT SPONGE AND CUSTARD		BANANA CAKE AND CUSTARD		CHOCOLATE CRACKNEL AND CHOCOLATE SAUCE		LEMON DRIZZLE CAKE AND CUSTARD		FRUITY FLAPJACK		
PASTA	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		
	FRUIT POTS		FRUIT POTS		FRUIT POTS		FRUIT POTS		FRUIT POTS		
	ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		
	ICE CREAM TUB		ICE CREAM TUB		ICE CREAM TUB		ICE CREAM TUB		ICE CREAM TUB		
COLD	A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER										
	JAM COCONUT SPONGE AND CUSTARD		BANANA CAKE AND CUSTARD		CHOCOLATE CRACKNEL AND CHOCOLATE SAUCE		LEMON DRIZZLE CAKE AND CUSTARD		FRUITY FLAPJACK		
	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		
	FRUIT POTS		FRUIT POTS		FRUIT POTS		FRUIT POTS		FRUIT POTS		
DESSERTS	ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		ORGANIC FRUIT YOGURT		
	ICE CREAM TUB		ICE CREAM TUB		ICE CREAM TUB		ICE CREAM TUB		ICE CREAM TUB		

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.

Vegetarian
 Vegan

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
1 2 3 4		2 3 4 5 6	1 2 3	3 4 5 6 7	3 4 5 6 7
7 8 9 10 11	4 5 6 7 8	9 10 11 12 13	6 7 8 9 10	10 11 12 13 14	10 11 12 13 14
14 15 16 17 18	11 12 13 14 15	16 17 18 19 20	13 14 15 16 17	17 18 19 20 21	17 18 19 20 21
21 22 23 24 25	18 19 20 21 22	23 24 25 26 27	20 21 22 23 24	24 25 26 27 28	24 25 26 27 28
28 29 30 31	25 26 27 28 29	30 31	27 28 29 30 31		31

FAVOURITES WEEK 11th-15th November, to celebrate National Schools Meals Week

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.

AUTUMN/WINTER MENU



WEEK 2

MAINS

STREET

PASTA

COLD

DESSERTS

MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
CREAMY PASTA BAKE	SPICY NACHO TOPPED BEEF BURGER IN A FLOURED BUN WITH ITALIAN DICED POTATOES	ROASTED GARLIC AND LEMON CHICKEN WITH ROSEMARY ROAST POTATOES, SAGE AND ONION STUFFING, AND GRAVY	LAMB ROGAN JOSH WITH MIXED RICE	MSC FISH FINGERS WITH CHIPPED POTATOES OR BUBBLE CRUMB SALMON WITH CHIPPED POTATOES
SWEET AND SOUR VEGETABLES WITH MIXED RICE	HALLOUMI BURGER WITH ITALIAN DICED POTATOES	HOMEMADE CHEESE AND SWEETCORN QUICHE WITH ROSEMARY ROAST POTATOES	THAI KATSU CURRY WITH MIXED RICE	STUFFED BELL PEPPER
JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD

FRESH BREAD IS MADE DAILY

SPICED BANKOK NOODLES	FISH AND CHIP WRAP	TEX MEX	CHILLI TOPPED NACHOS	PIRI PIRI 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	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
PEACH MELBA	APPLE CRUMBLE SERVED WITH CUSTARD	ETON MESS	LEMON CHEESECAKE	CHOCOLATE AND BEETROOT MUFFIN SERVED WITH CUSTARD
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
FRUIT POTS	FRUIT POTS	FRUIT POTS	FRUIT POTS	FRUIT POTS
ORGANIC FRUIT YOGURT	FRUIT POTS	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT
ICE CREAM TUB	ORGANIC FRUIT YOGURT	ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB
	ICE CREAM TUB			

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

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WEEK 3

MAINS

MONDAY

CLIMATE
CHANGE DAY

MAC N CHEESE

THAI STYLE JASMINE
RICE

JACKET POTATO WITH
VARIOUS FILLINGS

TUESDAY

BURGER DAY

BEEF TOWER BURGER
WITH JACKET WEDGES

FALAFEL STUFFED PITTA
WITH MINT YOGURT AND
RED CABBAGE

JACKET POTATO WITH
VARIOUS FILLINGS

WEDNESDAY

TRADITIONAL
DAY

HOMEMADE CHICKEN
AND SWEETCORN
PIE WITH ROASTED
POTATOES AND GRAVY

ROASTED VEGETABLE
LOAF WITH ROASTED
POTATOES AND GRAVY

JACKET POTATO WITH
VARIOUS FILLINGS

THURSDAY

CURRY DAY

BEEF CURRY
WITH MIXED RICE

TOFU CURRY WITH
EGG FRIED RICE

JACKET POTATO WITH
VARIOUS FILLINGS

FRIDAY

CHEFS CHOICE

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

OLIVE & TOMATO
RISOTTO

JACKET POTATO WITH
VARIOUS FILLINGS

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD

FRESH
BREAD IS
MADE
DAILY

STREET

CLASSIC CHEESE AND
TOMATO PIZZA WEDGE
AND GARLIC BREAD

CHICKEN ZINGER
WRAP

SMOKEY BEEF
BURRITO

SPRING ROLLS WITH
MIXED RICE AND SWEET
CHILLI SAUCE

STICKY CHICKEN
WINGS WITH
CHIPPED POTATOES

PASTA



COLD

SELECTION OF
SANDWICHES,
BAGUETTES AND WRAPS

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SELECTION OF
SANDWICHES,
BAGUETTES AND WRAPS

DESSERTS

PINEAPPLE UPSIDE
DOWN CAKE
AND CUSTARD

FRESH FRUIT

FRUIT POTS

ORGANIC FRUIT YOGURT

ICE CREAM TUB

APPLE PIE SERVED WITH
CUSTARD

FRESH FRUIT

FRUIT POTS

ORGANIC FRUIT YOGURT

ICE CREAM TUB

RICE PUDDING WITH
FRUIT COMPOTE

FRESH FRUIT

FRUIT POTS

ORGANIC FRUIT YOGURT

ICE CREAM TUB

FROSTED CARROT
CAKE SERVED WITH
CUSTARD

FRESH FRUIT

FRUIT POTS

ORGANIC FRUIT YOGURT

ICE CREAM TUB

STICKY CHOCOLATE
BROWNIE SERVED WITH
CUSTARD

FRESH FRUIT

FRUIT POTS

ORGANIC FRUIT YOGURT

ICE CREAM TUB

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

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