



Spring/Summer Menu 2025



Save the Planet MONDAY



CHOOSE FROM

- Classic Tomato and Basil Pasta
- Homemade Samosa Swirls with Skin on Baked Wedges
- Biryani

UNLIMITED

- Sweetcorn Coblets
- Seasonal Fresh Broccoli

DESSERTS

- Cheese and Crackers with Fresh Apple Slice

Allergen Friendly TUESDAY FDA

CHOOSE FROM

- Vegetable Curry with Mixed Rice
- Jacket Potato with Baked Beans
- Cottage Pie Served with Gravy

UNLIMITED

- Fresh Carrots
- Garden Peas

DESSERTS

- Tropical Melon Slices

DRINKS

- Soya Milk or Milk

Allergen Friendly WEDNESDAY FDA

CHOOSE FROM

- Jollof Rice
- Spring Vegetable Pasta Bake
- Chicken Shawarma with Mixed Rice

UNLIMITED

- Spring Greens
- Mixed Vegetables

DESSERTS

- Fresh Fruit Salad

DRINKS

- Soya Milk or Milk

Forest Eco Ranger THURSDAY



CHOOSE FROM

- Pulled BBQ Jackfruit Baguette
- Cheese and Sweetcorn Quiche with Herby Diced Potatoes
- Jacket Potato with Baked Beans Coleslaw or Cheese

UNLIMITED

- Sweetcorn
- Green Beans

DESSERTS

- Yogurt Bar with Fruit Compote



Fun Fact FRIDAY

Buzz Lightyear's original name was Lunar Larry

CHOOSE FROM

- Crushed Chickpea and Sweetcorn Wrap
- MSC Golden Crumb Fish Fingers served with a Lemon Slice with Oven Chipped Potatoes
- Herby Chicken with Oven Chipped Potatoes

UNLIMITED

- Baked Beans
- Minted Garden Peas

DESSERTS

- Chocolate Cracknel and Custard

Bats are the only flying mammals

WEEK 1

WEEK 2

WEEK 3

CHOOSE FROM

- Power Burger in a Bun with Spicy Jacket Wedges
- Sizzling Stir Fry with Egg Noodles
- Creamy Mac n Cheese

UNLIMITED

- Fresh Carrots
- Sweetcorn

DESSERTS

- Yogurt Bar with Fruit Compote

CHOOSE FROM

- Gluten Free Margherita Pizza served with Herby Diced Potatoes
- Jacket Potato with Baked Beans and Cheese
- Meatball Pasta Bake

UNLIMITED

- Green Beans
- Fresh Broccoli

DESSERTS

- Water Melon Slice

DRINKS

- Soya Milk or Milk

CHOOSE FROM

- Spicy Tomato and Pepper Pasta
- Baked Countryside Cutlet with Rosemary Roast Potatoes
- Roasted Lemon and Garlic Chicken with Rosemary Roast Potatoes

UNLIMITED

- Mixed Vegetables
- Spring Greens

DESSERTS

- Fresh Fruit Salad

DRINKS

- Soya Milk or Milk

CHOOSE FROM

- Sticky Tofu with Mixed Rice
- Cheese Salad Baguette
- Jacket Potato with Baked Beans or Cheese

UNLIMITED

- Sweetcorn
- Fresh Carrots

DESSERTS

- Yogurt Bar with Fruit Compote

CHOOSE FROM

- Roasted Vegetable and Sweet Potato Burrito
- MSC Bubble Crumb Salmon Fillet or MSC Golden Crumb Fish Fingers with Oven Chipped Potatoes
- Homemade Chicken and Sweetcorn Pie with Oven Chipped Potatoes

UNLIMITED

- Baked Beans
- Minted Garden Peas

DESSERTS

- Waffle Finger , Fruit Slice and Vanilla Ice Cream



CHOOSE FROM

- Vegetable Supreme Pizza with Italian Diced Potatoes
- Sunshine Pizza with Italian Diced Potatoes
- Minted Crispy Fishless Finger Wrap

UNLIMITED

- Mixed Vegetables
- Green Beans

DESSERTS

- Yogurt Bar with Fruit Compote

CHOOSE FROM

- Tangy Tomato and Basil Pasta
- Jacket Potato with Baked Beans
- Chicken Curry with Mixed Rice

UNLIMITED

- Fresh Carrots
- Sweetcorn

DESSERTS

- Iced Fruit Smoothie

DRINKS

- Soya Milk or Milk

CHOOSE FROM

- Chickpea Tikka Masala with Mixed Rice
- Country Garden Goujons with Crushed New Potatoes
- Beef Bolognese with Pasta Spirals

UNLIMITED

- Fresh Broccoli
- Mixed Vegetables

DESSERTS

- Fresh Fruit Platter

DRINKS

- Soya Milk or Milk

CHOOSE FROM

- Crispy Nuggets with Jacket Wedges
- Spinach and Ricotta Tortellini in a Creamy Tomato Sauce
- Jacket Potato with Coleslaw or Baked Beans

UNLIMITED

- Minted Garden Peas
- Fresh Carrots

DESSERTS

- Cheese and Crackers with Fresh Apple Slice

CHOOSE FROM

- Forest Fajita
- MSC Golden Crumb Fish Fingers served with a Lemon Slice with Oven Chipped Potatoes
- 60/40 Beef Burger in a Floured Bun with Oven Chipped Potatoes

UNLIMITED

- Baked Beans
- Sweetcorn Coblets

DESSERTS

- Banana Sponge and Custard

A mile is 5,280 feet long

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. Homemade bread, a selection of salads and fresh fruit available daily. Dairy and organic fruit yogurt is available on non-allergen friendly days.



EAT THE RAINBOW



Be a Forest Eco Ranger and help support climate action by choosing at least one plant based dish a week.

APRIL					MAY					JUNE					JULY					SEPTEMBER					OCTOBER				
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				1	2		2	3	4	5	6	1	2	3	4		1	2	3	4	5			1	2	3
7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	8	9	10	11	12	6	7	8	9	10
14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18	15	16	17	18	19	13	14	15	16	17
21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25	22	23	24	25	26	20	21	22	23	24
28	29	30			26	27	28	29	30	30					28	29	30	31		29	30				27	28	29	30	31

- Vegan and planet-friendly
- Vegetarian
- Gluten Free
- Dairy Free
- Free from the 14 declarable allergens



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.