



Autumn/Winter 2025/2026



WEEK 1

Eco Forest Ranger MONDAY

CHOOSE FROM

Margherita Pizza with Jacket Wedges

Vegetable Supreme Pizza with Jacket Wedges

Oven Baked Jacket Potato with Baked Beans or Cheese

SIDES

Minted Garden Peas

Sweetcorn

Salad Selection

Homemade Garlic Bread

DESSERTS

Yogurt Bar with Fruit Compote

Cheese & Crackers with Fresh Apple Slice

Seasonal Fresh Fruit

Allergen Friendly TUESDAY FDA

CHOOSE FROM

Jollof Rice

Chilli Con Carne with Mixed Rice

Oven Baked Jacket Potato with Baked Beans or Coleslaw

SIDES

Roasted Organic Carrots

Green Beans

Salad Selection

Homemade Bread

DESSERTS

Creamy Rice Pudding with a Fruit Compote

Fresh Fruit Salad

Seasonal Fresh Fruit

Allergen Friendly WEDNESDAY FDA

CHOOSE FROM

Baked Countryside Cutlet with Rosemary Roast Potatoes and Gravy

Roast Chicken with Rosemary Roast Potatoes and Gravy

Oven Baked Jacket Potato with Baked Beans or Coleslaw

SIDES

Mixed Vegetables

Fresh Green Cabbage

Salad Selection

Homemade Bread

DESSERTS

St Clements Jelly

Fresh Fruit Salad

Seasonal Fresh Fruit

Tasty THURSDAY

CHOOSE FROM

Classic Tomato & Basil Pasta

Beef Lasagne

Oven Baked Jacket Potato with Baked Beans , Cheese or Tuna

SIDES

Fresh Seasonal Broccoli

Sweetcorn Coblets

Salad Selection

Homemade Bread

DESSERTS

Yogurt Bar with Fruit Compote

Cheese & Crackers with Fresh Apple Slice

Seasonal Fresh Fruit

Fun Fact FRIDAY

PUMPKINS
ARE BERRIES

CHOOSE FROM

Crushed Chickpea & Sweetcorn Wrap

MSC Golden Crumb Fish Fingers with Oven Chipped Potatoes

Oven Baked Jacket Potato with Baked Beans , Cheese or Tuna

SIDES

Baked Beans

Minted Garden Peas

Salad Selection

Homemade Tomato Bread

DESSERTS

Oaty Apple Crumble & Custard

Organic Fruit Yogurt with Seasonal Fresh Fruit

Seasonal Fresh Fruit

WEEK 2

CHOOSE FROM

Crispy Nuggets with Spicy Diced Potatoes

Homemade Cheddar Cheese & Sweetcorn Quiche with Spicy Diced Potatoes

Oven Baked Jacket Potato with Baked Beans or Cheese

SIDES

Fresh Seasonal Broccoli

Sweetcorn

Salad Selection

Homemade Wholemeal Bread

DESSERTS

Yogurt Bar with Fruit Compote

Cheese & Crackers with Fresh Apple Slice

Seasonal Fresh Fruit

CHOOSE FROM

Tangy Tomato & Pepper Pasta

Spicy Meatballs in a Creamy Tomato Sauce with Italian Rice

Oven Baked Jacket Potato with Baked Beans or Coleslaw

SIDES

Fresh Organic Carrots

Green Beans

Salad Selection

Homemade Bread

DESSERTS

Fruit Smoothie

Fresh Fruit Salad

Seasonal Fresh Fruit

CHOOSE FROM

Power Sausage with Roasted Potatoes and Gravy

Spicy Chicken with Roasted Potatoes

Oven Baked Jacket Potato with Baked Beans or Coleslaw

SIDES

Rainbow Roasted Veggies

Salad Selection

Homemade Bread

DESSERTS

Fruit Jelly Pot

Fresh Fruit Salad

Seasonal Fresh Fruit

CHOOSE FROM

Roasted Vegetable Biryani

Burger in a Floured Bun with Oven Baked Jacket Wedges

Oven Baked Jacket Potato with Baked Beans , Cheese or Tuna

SIDES

Fresh Seasonal Broccoli

Mixed Vegetables

Salad Selection

Homemade Bread

DESSERTS

Yogurt Bar with Fruit Compote

Cheese & Crackers with Fresh Apple Slice

Fresh Fruit Salad

Seasonal Fresh Fruit

CHOOSE FROM

Roasted Vegetable & Sweet Potato Burrito with Oven Chipped Potatoes

MSC Golden Crumb Fish Fingers with a Lemon Twist with Oven Chipped Potatoes

Oven Baked Jacket Potato with Baked Beans , Cheese or Tuna

SIDES

Baked Beans

Sweetcorn

Salad Selection

Homemade Garlic & Rosemary Focaccia

DESSERTS

Chocolate Cracknel & Custard

Organic Fruit Yogurt with Seasonal Fresh Fruit

Seasonal Fresh Fruit

CRANBERRIES
CAN BOUNCE

WEEK 3

CHOOSE FROM

Fishless Fish Finger Wrap & Waffle Fries

Creamy Mac n Cheese

Oven Baked Jacket Potato with Baked Beans or Cheese

SIDES

Garden Peas

Sweetcorn

Salad Selection

Homemade Carrot & Coriandar Bread

DESSERTS

Yogurt Bar with Fruit Compote

Cheese & Crackers with Fresh Apple Slice

Seasonal Fresh Fruit

CHOOSE FROM

Spiced Chick Pea & Sweet Potato Pilaf

Chicken Curry with Mixed Rice

Oven Baked Jacket Potato with Baked Beans or Coleslaw

SIDES

Green Beans

Fresh Seasonal Carrots

Salad Selection

Homemade Bread

DESSERTS

Raspberry & Coconut Jelly Pot

Fresh Fruit Salad

Seasonal Fresh Fruit

CHOOSE FROM

Pasta Neapolitan

Beef Bologaise with Pasta Spirals

Oven Baked Jacket Potato with Baked Beans or Coleslaw

SIDES

Fresh Seasonal Broccoli

Mixed Vegetables

Salad Selection

Homemade Bread

DESSERTS

Fruit Smoothie

Fresh Fruit Salad

Seasonal Fresh Fruit

CHOOSE FROM

Warm BBQ Pulled Jackfruit Baguette

Sizzling Chicken Stir Fry with Garlic and Ginger served with Noodles

Oven Baked Jacket Potato with Baked Beans , Cheese or Tuna

SIDES

Sweetcorn

Roasted Organic Carrots

Salad Selection

Rosemary & Cherry Tomato Focaccia

DESSERTS

Pineapple Upside Down Cake and Custard

Organic Fruit Yogurt with Seasonal Fresh Fruit

Seasonal Fresh Fruit

CHOOSE FROM

Power Burger in a Bun with Oven Chipped Potatoes

MSC Golden Crumb Fish Fingers or Bubble Crumb Salmon Fillet with Oven Chipped Potatoes

Oven Baked Jacket Potato with Baked Beans , Cheese or Tuna

SIDES

Baked Beans

Garden Peas

Salad Selection

Homemade Bread

DESSERTS

Waffle Finger with Slice of Fresh Fruit and Ice Cream

Organic Fruit Yogurt with Seasonal Fresh Fruit

Seasonal Fresh Fruit

YOU CAN EAT
THE SEEDS OF
A KIWI

NOTE: Fresh bread and unlimited vegetables and salad available daily.

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.

NOVEMBER

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

DECEMBER

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		

JANUARY

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	30

FEBRUARY

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

MARCH

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			

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.



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



EAT THE
RAINBOW

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