



Waltham Forest Autumn/Winter Primary Menu 2020/21 Week One

Week Commencing 2/11/20, 16/11/20, 30/11/20, 14/12/20, 11/1/21, 25/1/21, 8/2/21, 1/3/21, 15/3/21, 29/3/21



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	<ul style="list-style-type: none"> Homemade Cheese & Tomato Pizza served with Garlic Bread 	<ul style="list-style-type: none"> Beef Pasta Bolognese 	<ul style="list-style-type: none"> Sticky Chicken 	<ul style="list-style-type: none"> Homemade Cottage Pie (served with Gravy) 	<ul style="list-style-type: none"> MSC Golden Crumb Fish Fingers with Lemon Twist
Vegetarian Choice	<ul style="list-style-type: none"> Vegetarian Chilli 	<ul style="list-style-type: none"> Vegetarian Pasta Bolognese 	<ul style="list-style-type: none"> Rice, Chickpea & Vegetable bake 	<ul style="list-style-type: none"> Homemade Sweetcorn Quiche 	<ul style="list-style-type: none"> Mac 'n' Cheese
Alternative Choice	<ul style="list-style-type: none"> Jacket Potato with Various Fillings 	<ul style="list-style-type: none"> Jacket Potato with Various Fillings 	<ul style="list-style-type: none"> Jacket Potato with Various Fillings 	<ul style="list-style-type: none"> Jacket Potato with Various Fillings 	<ul style="list-style-type: none"> Jacket Potato with Various Fillings
Sides	<ul style="list-style-type: none"> 50/50 Mixed Rice 		<ul style="list-style-type: none"> 50/50 Mixed Rice 	<ul style="list-style-type: none"> Sauté Potatoes 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Vegetables	<ul style="list-style-type: none"> Sweetcorn Garden Peas 	<ul style="list-style-type: none"> Mixed Vegetables Fresh Seasonal Broccoli 	<ul style="list-style-type: none"> Shredded Green Cabbage Sweetcorn 	<ul style="list-style-type: none"> Fresh Organic Carrots Green Beans 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread
Desserts	<ul style="list-style-type: none"> Ice Cream Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Iced Sponge (Custard) Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Chocolate Cracknel (Chocolate Sauce) Organic Fruit Yogurt with Seasonal Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Fruit Jelly Pot Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Homemade Shortbread Biscuit Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit

Homemade bread will accompany all meals. All bread, cakes, pizza bases and pastry are freshly made using organic flour.

N.B. Where halal meat has been requested by the school, it is HFA certified (or equivalent). Fresh fruit is available with all desserts.

Information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school



Waltham Forest Catering Autumn/Winter Primary Menu 2020/21 Week Two

Week Commencing 9/11/20, 23/11/20, 7/12/20, 4/1/21, 18/1/21, 1/2/21, 22/2/21, 8/3/21, 22/3/21



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	<ul style="list-style-type: none"> Tomato & Vegetable Pasta Bake 	<ul style="list-style-type: none"> Hot n Kicking Chicken 	<ul style="list-style-type: none"> Beef Lasagne 	<ul style="list-style-type: none"> Oven Baked Sausages 	<ul style="list-style-type: none"> MSC Fish Finger with Lemon Wedge
Vegetarian Choice	<ul style="list-style-type: none"> Jacket potato served with various fillings 	<ul style="list-style-type: none"> Fresh Vegetable & Chickpea Stir Fry 	<ul style="list-style-type: none"> Vegetable Korma 	<ul style="list-style-type: none"> Quorn Sausage 	<ul style="list-style-type: none"> Arrabiatta Pasta
Alternative Choice	<ul style="list-style-type: none"> Salmon Fillet in a Bun 	<ul style="list-style-type: none"> Jacket Potato served with various fillings 	<ul style="list-style-type: none"> Jacket Potato served with various fillings 	<ul style="list-style-type: none"> Jacket Potato served with various fillings 	<ul style="list-style-type: none"> Jacket Potato served with various fillings
Sides		<ul style="list-style-type: none"> Jacket Wedges Noodles 	<ul style="list-style-type: none"> 50/50 Mixed Rice 	<ul style="list-style-type: none"> Creamed Potatoes 	<ul style="list-style-type: none"> Chipped Potatoes
Vegetables	<ul style="list-style-type: none"> Sweetcorn Green Beans 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Fresh Organic Carrots 	<ul style="list-style-type: none"> Fresh Cauliflower Garden Peas 	<ul style="list-style-type: none"> Sweetcorn Mixed Vegetables 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Bread
Desserts	<ul style="list-style-type: none"> Chocolate Sponge Cake (Custard) Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Cheese & Crackers with Fresh Apple Slice Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fresh Fruit & Ice Cream Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Carrot Cake (Custard) Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fruit Jelly Pot Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter

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