



Waltham Forest Catering Menu 2020 Week One

Week Commencing 23/3/20



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Homemade Cheese & Tomato Pizza 	<ul style="list-style-type: none"> Beef Bolognese 	<ul style="list-style-type: none"> Honey Roast Chicken Thigh served with Sage & Onion Stuffing & Gravy 	<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 Wedge
Vegetarian choice	<ul style="list-style-type: none"> Vegetarian Chilli 	<ul style="list-style-type: none"> Vegetarian Bolognese 	<ul style="list-style-type: none"> Tomato & Basil Pasta 	<ul style="list-style-type: none"> Vegetable Biryani 	<ul style="list-style-type: none"> Mac 'n' Cheese
Sides	<ul style="list-style-type: none"> 50/50 Rice 	<ul style="list-style-type: none"> Wholemeal Spaghetti 	<ul style="list-style-type: none"> Rosemary Roast Potatoes 	<ul style="list-style-type: none"> ½ Jacket Potato 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Sweetcorn Minted Garden Peas 	<ul style="list-style-type: none"> Mixed Vegetables Broccoli 	<ul style="list-style-type: none"> Shredded Green Cabbage Cauliflower 	<ul style="list-style-type: none"> Organic Carrot Batons Green Beans 	<ul style="list-style-type: none"> Minted Garden Peas Baked Beans
Unlimited Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Mixed Salad Homemade Bread 	<ul style="list-style-type: none"> Mixed Salad Homemade Bread 	<ul style="list-style-type: none"> Mixed Salad Homemade Bread 	<ul style="list-style-type: none"> Mixed Salad Homemade Bread 	<ul style="list-style-type: none"> Mixed Salad Homemade Bread
Desserts	<ul style="list-style-type: none"> Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Lemon Iced Sponge with Seasonal Fresh Fruit & Custard Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Organic Fruit Yogurt with Seasonal Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Chocolate Cracknel with Fresh Fruit & Custard Seasonal Fresh Fruit 	<ul style="list-style-type: none"> 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 Menu 2020 Week Two

Week Commencing 30/3/20



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> • Tomato & Vegetable Pasta Bake 	<ul style="list-style-type: none"> • Hot & Kicking Chicken 	<ul style="list-style-type: none"> • Savoury Beef in a Yorkshire Pudding 	<ul style="list-style-type: none"> • Oven Baked Sausages with Fried Onions /Gravy 	<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 & Noodles 	<ul style="list-style-type: none"> • Vegetable Korma 	<ul style="list-style-type: none"> • Vegetable Jollof Rice 	<ul style="list-style-type: none"> • Cheese & Sweetcorn Frittata
Sides	<ul style="list-style-type: none"> • 50/50 Mixed Rice 	<ul style="list-style-type: none"> • Jacket Wedges 	<ul style="list-style-type: none"> • 50/50 Mixed Rice 	<ul style="list-style-type: none"> • Creamed Mashed Potato 	<ul style="list-style-type: none"> • Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> • Sweetcorn • Organic Carrot Batons 	<ul style="list-style-type: none"> • Broccoli • Mixed Vegetables 	<ul style="list-style-type: none"> • Cauliflower • Minted Garden Peas 	<ul style="list-style-type: none"> • Roasted Seasonal Vegetables 	<ul style="list-style-type: none"> • Mixed Peas & Sweetcorn • Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> • Mixed Salads • Homemade Bread 	<ul style="list-style-type: none"> • Mixed Salad • Homemade Bread 	<ul style="list-style-type: none"> • Mixed Salad • Homemade Bread 	<ul style="list-style-type: none"> • Mixed Salad • Homemade Bread 	<ul style="list-style-type: none"> • Mixed Salad • Homemade Bread
Desserts	<ul style="list-style-type: none"> • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Chocolate Fairy Cake with Fresh Fruit & Custard • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Homemade Shortbread Biscuit with Fresh Fruit & Custard • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter

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