



Waltham Forest Catering Gluten Free Menu 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	<ul style="list-style-type: none"> Gluten Free Tomato & Basil Pasta 	<ul style="list-style-type: none"> Jacket Potato with Tuna & Sweetcorn 	<ul style="list-style-type: none"> Honey Roast Chicken 	<ul style="list-style-type: none"> Vegetable Biryani 	<ul style="list-style-type: none"> Gluten Free Fish Fingers
Sides			<ul style="list-style-type: none"> Potato Wedges 		<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Unlimited Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Choice of Fresh Salads 	<ul style="list-style-type: none"> Choice of Fresh Salads 	<ul style="list-style-type: none"> Choice of Fresh Salads 	<ul style="list-style-type: none"> Choice of Fresh Salads 	<ul style="list-style-type: none"> Choice of Fresh Salads
Desserts	<ul style="list-style-type: none"> Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Organic Fruit Yogurt with Seasonal Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Fruit Jelly Pot 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