



Waltham Forest Catering Autumn Primary Menu 2017

Week Commencing 11.12.17, 8.1.18, 29.1.18, 26.2.18, 19.3.18



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Vegetarian Chilli with Nachos 	<ul style="list-style-type: none"> Slow Cooked Lamb Tagine 	<ul style="list-style-type: none"> Spaghetti Bolognese 	<ul style="list-style-type: none"> Honey Roast Chicken with Sage and Onion Stuffing 	<ul style="list-style-type: none"> Fish Fingers /Homemade Battered Fish with Lemon Slice
Vegetarian choice	<ul style="list-style-type: none"> Cheddar and Sweetcorn Tart 	<ul style="list-style-type: none"> Jacket Potatoes with Baked Beans and Cheese 	<ul style="list-style-type: none"> Italian Tomato & Basil Penne Pasta 	<ul style="list-style-type: none"> Mexican Smoked Quorn & Roasted Pepper Wrap 	<ul style="list-style-type: none"> Quorn Sausage with Caramelised Onions
Alternative choice		<ul style="list-style-type: none"> Traditional Vegetable Biryani 	<ul style="list-style-type: none"> Oven Baked Jacket Potatoes with Baked Beans 	<ul style="list-style-type: none"> Crispy Salmon Fillet 	<ul style="list-style-type: none"> Oven Baked Jacket Potato with Baked Beans/Cheese
Sides	<ul style="list-style-type: none"> Jacket Wedges Mixed Rice 	<ul style="list-style-type: none"> Cous Cous Mixed Rice 	<ul style="list-style-type: none"> Whole Wheat Spaghetti 	<ul style="list-style-type: none"> Roast Potatoes 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Mixed Vegetables 	<ul style="list-style-type: none"> Sweetcorn Organic Seasonal Carrots 	<ul style="list-style-type: none"> Whole Green Beans Fresh Cauliflower 	<ul style="list-style-type: none"> Fresh Broccoli Sweetcorn 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad 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"> Peaches with Custard Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Blueberry Sponge with Custard Cheese & Biscuits with Fresh Apple slice Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Chocolate Sponge with Chocolate Sauce & Fresh Fruit Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Mandarins in Jelly Pots Seasonal Fresh Fruit Platter Organic Fruit Yogurt and Fresh fruit 	<ul style="list-style-type: none"> Homemade Shortbread Biscuit with Organic Milk & Fresh Fruit Organic Fruit Yogurt Seasonal Fresh Fruit Platter

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 Primary Menu 2017

Week Commencing 27.11.17, 18.12.17, 15.1.18, 5.2.18, 5.3.18, 26.3.18



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Crispy Salmon Goujons 	<ul style="list-style-type: none"> Italian Meatballs with a Rich Tomato Sauce 	<ul style="list-style-type: none"> Sausages with Caramelised Onions 	<ul style="list-style-type: none"> Roast Honey Glazed Sticky Chicken 	<ul style="list-style-type: none"> Fish Fingers
Vegetarian choice	<ul style="list-style-type: none"> Sweet Potato and Red Lentil Korma 	<ul style="list-style-type: none"> Macaroni Cheese with Crispy Topping 	<ul style="list-style-type: none"> Quorn Sausage Hot Pot 	<ul style="list-style-type: none"> Roasted Vegetable Lasagne 	<ul style="list-style-type: none"> Mexican Vegetable Fajitas
Alternative choice	<ul style="list-style-type: none"> Vegetable Spring Roll with Sweet Chilli sauce 	<ul style="list-style-type: none"> Jacket Potatoes with Baked Beans/Cheese 	<ul style="list-style-type: none"> Vegetable Samosa 	<ul style="list-style-type: none"> Jacket Potatoes with Baked Beans/Cheese 	<ul style="list-style-type: none"> Crispy Homemade Battered Cod with Lemon
Sides	<ul style="list-style-type: none"> Herby Diced Potatoes 	<ul style="list-style-type: none"> Wholemeal Spaghetti 	<ul style="list-style-type: none"> Creamy Mashed Potatoes 	<ul style="list-style-type: none"> Oven Baked Jacket Wedges Mixed Rice 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Sweetcorn 	<ul style="list-style-type: none"> Green Beans Cauliflower 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Roasted Butternut Squash 	<ul style="list-style-type: none"> Sweetcorn Mini Cobs Fresh Cabbage and Kale 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Garlic 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 Tomato Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Wholemeal Bread
Desserts	<ul style="list-style-type: none"> Pineapple Rings with Custard. Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Toffee and Banana Tart with Custard Peach Slices and Custard Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Chocolate Cracknel with Custard. Organic Fruit Yogurt with Seasonal Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Rice Pudding with Fruit Compote Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Cheese, Biscuits and English Apple Seasonal Fresh Fruit Platter Jamaican Ginger Cake with Custard

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.

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Waltham Forest Catering Autumn Primary Menu 2017

Week Commencing 4.12.17, 1.1.18, 22.1.18, 19.2.18, 12.3.18



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Sweetcorn and Pepper Pizza 	<ul style="list-style-type: none"> Shepherd's Pie 	<ul style="list-style-type: none"> Chicken Korma Curry 	<ul style="list-style-type: none"> Jerk Chicken/Lemon and Garlic Chicken 	<ul style="list-style-type: none"> Fish Fingers
Vegetarian choice	<ul style="list-style-type: none"> Spicy Tomato & Pasta Bake 	<ul style="list-style-type: none"> Stir fry Vegetables with Sweet and Sour Sauce 	<ul style="list-style-type: none"> Sweet Potato and Curly Kale Pin Wheels 	<ul style="list-style-type: none"> Cheese Flan 	<ul style="list-style-type: none"> Vegetable Moussaka
Alternative choice	<ul style="list-style-type: none"> Salmon Fillet in a Bap 	<ul style="list-style-type: none"> Jacket Potato with Baked Beans 	<ul style="list-style-type: none"> Vegetarian Toad in the Hole 	<ul style="list-style-type: none"> Jacket Potatoes 	<ul style="list-style-type: none"> Homemade Crispy Battered Fish with Lemon Garnish
Sides	<ul style="list-style-type: none"> Herby Diced Potatoes 	<ul style="list-style-type: none"> Noodles 	<ul style="list-style-type: none"> Half Jacket Potatoes Mixed Rice 	<ul style="list-style-type: none"> Rice and Peas Jacket Wedges 	<ul style="list-style-type: none"> Oven Chipped Potatoes Mixed Rice
Unlimited Vegetables	<ul style="list-style-type: none"> Green Beans Garden Peas 	<ul style="list-style-type: none"> Roasted Seasonal Vegetables Sweetcorn 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Organic Glazed Carrots 	<ul style="list-style-type: none"> Seasonal Cabbage Roast Butternut Squash and Sweet Potato. 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad 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"> Carrot Cake and Custard Organic Fruit Yogurt Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Chocolate and Beetroot Tray Bake with Custard and Fresh Fruit Organic Fruit Yogurt and Fresh Fruit Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Cheese, Biscuits and English Apple Seasonal Fresh Fruit Platter Pancakes with Fruit and Ice cream 	<ul style="list-style-type: none"> Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter Fruit Flapjack with Custard 	<ul style="list-style-type: none"> Lemon Drizzle Sponge with Custard & Fresh Fruit Chilled Milk with Seasonal Fresh Fruit Seasonal Fresh Fruit Platter

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