



Waltham Forest Catering Autumn/Winter Primary Menu 2016/17

Week Commencing, 31.10.16. 21.11.16. 12.12.16. 9.1.17. 30.1.17. 27.2.17. 20.3.17.



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Lamb spaghetti bolognaise and spaghetti 	<ul style="list-style-type: none"> Chicken Korma 	<ul style="list-style-type: none"> Moroccan Lamb Tagine 	<ul style="list-style-type: none"> Piri Piri Chicken & Herby Potato 	<ul style="list-style-type: none"> Fish Fingers
Vegetarian choice	<ul style="list-style-type: none"> Autumn Vegetable Pizza 	<ul style="list-style-type: none"> Street Style Vegetable Noodles 	<ul style="list-style-type: none"> Vegetable samosa 	<ul style="list-style-type: none"> Homemade Cheese and Sweetcorn Quiche 	<ul style="list-style-type: none"> Vegetarian Sausages in a roll
Alternative choice		<ul style="list-style-type: none"> Salmon Fillet in Wholemeal Crumb 	<ul style="list-style-type: none"> Macaroni Cheese 		<ul style="list-style-type: none"> Homemade Battered fish with Lemon garnish.
Sides	<ul style="list-style-type: none"> Wholewheat Spaghetti Jacket Wedges 	<ul style="list-style-type: none"> Creamed Potatoes Rice 	<ul style="list-style-type: none"> Mixed Rice 	<ul style="list-style-type: none"> Mixed Rice Half Jacket Potato 	<ul style="list-style-type: none"> Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Sweetcorn 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Organic Seasonal Carrots 	<ul style="list-style-type: none"> Whole Green Beans Fresh Seasonal Cabbage 	<ul style="list-style-type: none"> Sugar Snap Peas Roast Butternut Squash 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Fresh salads and Bread 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection
Desserts	<ul style="list-style-type: none"> Sliced Peaches with Custard Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Chocolate & Beetroot Traybake with Organic Milk and Fresh Fruit Cheese, Biscuits and Grapes Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Homemade shortbread Biscuits with Organic Milk and Fresh Fruit Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Finger of Ginger Cake & Custard with Fresh Fruit Fruit in Jelly Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Dorset Apple cake with custard 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)

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






Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



Waltham Forest Catering Autumn/Winter Primary Menu 2016/17

Week Commencing 7.11.16. 28.11.16. 19.12.16. 16.1.17. 6.2.17. 6.3.17 27.3.17



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Shepherd's Pie 	<ul style="list-style-type: none"> Thai Beef Stir Fry 	<ul style="list-style-type: none"> Sausages with Caramelised Onions 	<ul style="list-style-type: none"> Lemon and Garlic chicken 	<ul style="list-style-type: none"> Fish Fingers 
Vegetarian choice	<ul style="list-style-type: none"> Jacket Potatoes with Grated Cheddar Cheese and Homemade Coleslaw 	<ul style="list-style-type: none"> Rice, Chickpea and Vegetable Bake 	<ul style="list-style-type: none"> Sweet Potato Pakora 	<ul style="list-style-type: none"> Homemade Country Pizza 	<ul style="list-style-type: none"> Vegetarian Soya Mince Chilli
Alternative choice		<ul style="list-style-type: none"> Salmon Nuggets  			<ul style="list-style-type: none"> Homemade Crispy Battered Fish 
Sides	<ul style="list-style-type: none"> Jacket Wedges 	<ul style="list-style-type: none"> Creamy Mashed Potato 	<ul style="list-style-type: none"> Herby Diced Potatoes 	<ul style="list-style-type: none"> Oven Baked Jacket Wedges 	<ul style="list-style-type: none"> Chipped Potatoes Rice
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Fresh Seasonal Broccoli 	<ul style="list-style-type: none"> Sweetcorn Green Beans 	<ul style="list-style-type: none"> Fresh Seasonal Organic Carrots Mixed Vegetables 	<ul style="list-style-type: none"> Sweetcorn Mini Cobs Roast Butternut squash 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Fresh salads from Homemade Garlic Bread 	<ul style="list-style-type: none"> Fresh salads and Homemade Bread 	<ul style="list-style-type: none"> Fresh salads and Homemade Bread 	<ul style="list-style-type: none"> Fresh salads and Homemade Tomato Bread 	<ul style="list-style-type: none"> Fresh salads Homemade Wholemeal Bread
Desserts	<ul style="list-style-type: none"> Pineapple rings with custard. Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> English Apple with Oat Crumble and Custard Peach Slices and Custard Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Raspberry bun with Organic Milk and Fresh Fruit Seasonal Fresh Fruit Platter Organic Fruit Yogurt 	<ul style="list-style-type: none"> Finger of Chocolate Cake, custard & Fresh Fruit Organic Fruit Yogurt plus Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fresh Fruit with Yogurt Cheese, Biscuits and Grapes Seasonal Fresh Fruit Platter

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Waltham Forest Catering Autumn/Winter Primary Menu 2016/2017

Week Commencing 14.11.16. 5.12.16 3.1.17 23.1.17 20.2.17 13.3.17.



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Beef Chilli Con Carne and Nachos 	<ul style="list-style-type: none"> Homemade Beef Burger in a Bap 	<ul style="list-style-type: none"> Chicken and Sweetcorn Pie 	<ul style="list-style-type: none"> Roast Beef with Yorkshire Pudding 	<ul style="list-style-type: none"> Fish Fingers 
Vegetarian choice	<ul style="list-style-type: none"> Vegetable Pasta Bake 	<ul style="list-style-type: none"> Vegetable and chickpea Jollof Rice 	<ul style="list-style-type: none"> Garden Vegetable Surprise 	<ul style="list-style-type: none"> Vegetable Hot Pot 	<ul style="list-style-type: none"> Roasted Vegetable Enchiladas
Alternative choice		<ul style="list-style-type: none"> Salmon nuggets  	<ul style="list-style-type: none"> Jacket Potatoes with grated cheese or baked beans 	<ul style="list-style-type: none"> Tuna Pasta Bake 	<ul style="list-style-type: none"> Homemade Crispy Battered Fish 
Sides	<ul style="list-style-type: none"> Mixed Rice 	<ul style="list-style-type: none"> Spicy Jacket Wedges 	<ul style="list-style-type: none"> Mixed Rice Creamy Mashed Potatoes 	<ul style="list-style-type: none"> Roast Potatoes 	<ul style="list-style-type: none"> Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Mixed Vegetables Green Beans 	<ul style="list-style-type: none"> Sweetcorn Mini Cobs Garden Peas 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Fresh Seasonal Glazed Organic Carrots 	<ul style="list-style-type: none"> Sweetcorn Seasonal Cabbage 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection
Desserts	<ul style="list-style-type: none"> English Apple Eves Sponge and Custard Organic Fruit Yogurt Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Chocolate Cracknel Finger Custard and Fresh Fruit Organic Fruit Yogurt and Fresh Fruit Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Fruit Jelly with Fresh Fruit Seasonal Fresh Fruit Platter Apple Compote with Vanilla Ice Cream. 	<ul style="list-style-type: none"> Carrot Cake with Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Apple Crumble & Custard Chilled Milk with Fresh Fruit Seasonal Fresh Fruit Platter

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