



# Waltham Forest Catering Autumn/Winter Primary Menu 2019/20 Week One

*Week Commencing 28/10/19, 11/11/19, 25/11/19, 9/12/19, 6/1/20, 20/1/20, 3/2/20, 24/2/20, 9/3/20, 23/3/20*



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Homemade Cheese &amp; Tomato Pizza</li> <li>Served with Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Beef Bolognaise</li> </ul>	<ul style="list-style-type: none"> <li>Honey Roast Chicken Thigh served with Sage &amp; Onion Stuffing &amp; Gravy</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Cottage Pie served with Gravy</li> </ul>	<ul style="list-style-type: none"> <li>MSC Golden Crumb Fish Fingers with Lemon Wedge</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Vegetarian Chilli</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Bolognaise</li> </ul>	<ul style="list-style-type: none"> <li>Red Lentil Loaf with Gravy</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Biryani</li> </ul>	<ul style="list-style-type: none"> <li>Mac 'n' Cheese</li> </ul>
<b>Alternative choice</b>	<ul style="list-style-type: none"> <li>Quorn Thai Style Jasmine Rice</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato with various fillings</li> </ul>	<ul style="list-style-type: none"> <li>Tomato &amp; Basil Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Pepper &amp; Sweetcorn Quiche</li> </ul>	<ul style="list-style-type: none"> <li>MSC Lemon Crumb Salmon Fillet served with Lemon Twist</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>50/50 Rice</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal Spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>Rosemary Roast Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>½ Jacket Potato</li> </ul>	<ul style="list-style-type: none"> <li>Oven Baked Chipped Potatoes</li> </ul>
<b>Unlimited Vegetables</b>	<ul style="list-style-type: none"> <li>Sweetcorn</li> <li>Minted Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Vegetables</li> <li>Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Shredded Green Cabbage</li> <li>Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>Organic Carrot Batons</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Minted Garden Peas</li> <li>Baked Beans</li> </ul>
<b>Unlimited Seasonal Salad and Bread Selection</b>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Crusty Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Bread Rolls</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Wholemeal Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade French Stick</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Cheese &amp; Crackers &amp; Fresh Apple Slice</li> <li>Organic Fruit Yogurt with Seasonal Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Peaches &amp; Custard</li> <li>Organic Fruit Yogurt with Seasonal Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Apple Crumble &amp; Custard</li> <li>Organic Fruit Yogurt with Seasonal Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple &amp; Ice Cream</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Shortbread Biscuit &amp; Organic Milk</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>

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](http://www.walthamforest.gov.uk/schoolmeals) or at the school



# Waltham Forest Catering Autumn/Winter Primary Menu 2019/20 Week Two

*Week Commencing 4/11/19, 18/11/19, 2/12/19, 16/12/19, 13/1/20, 27/1/20, 10/2/20, 2/3/20, 16/3/20, 30/3/20*



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Tomato &amp; Vegetable Pasta Bake</li> </ul>	<ul style="list-style-type: none"> <li>Hot &amp; Kicking Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Savoury Beef in a Yorkshire Pudding</li> </ul>	<ul style="list-style-type: none"> <li>Oven Baked Sausages with Fried Onions /Gravy</li> </ul>	<ul style="list-style-type: none"> <li>MSC Fish Finger with Lemon Wedge</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Cannellini Bean &amp; Spinach Curry</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Vegetable &amp; Chick Pea Stir Fry &amp; Noodles</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Korma</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Jollof Rice</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Sweetcorn Frittata</li> </ul>
<b>Alternative</b>	<ul style="list-style-type: none"> <li>Jacket Potato served with various fillings</li> </ul>	<ul style="list-style-type: none"> <li>Arrabiatta Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Sausage Casserole with Beans</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato served with various fillings</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Homemade Battered MSC Fish Fillet</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>50/50 Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Wedges</li> </ul>	<ul style="list-style-type: none"> <li>50/50 Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>Creamed Mashed Potato</li> </ul>	<ul style="list-style-type: none"> <li>Chipped Potatoes</li> </ul>
<b>Unlimited Vegetables</b>	<ul style="list-style-type: none"> <li>Sweetcorn</li> <li>Organic Carrot Batons</li> </ul>	<ul style="list-style-type: none"> <li>Broccoli</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Cauliflower</li> <li>Minted Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>Roasted Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Peas &amp; Sweetcorn</li> <li>Baked Beans</li> </ul>
<b>Unlimited Seasonal Salad Selection</b>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Crusty Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Focaccia Bread with Rosemary</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Herby Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Crusty Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Garlic Bread Slice</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Cheese &amp; Crackers with Fresh Apple Slice</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Sponge &amp; Chocolate Sauce</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Jelly Pot</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Mandarin Oranges with Custard</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>

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