



# Waltham Forest Catering Gluten Free Menu 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	<ul style="list-style-type: none"> <li>Gluten Free Tomato &amp; Basil Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato with Tuna &amp; Sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>Honey Roast Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Biryani</li> </ul>	<ul style="list-style-type: none"> <li>Gluten Free Fish Fingers</li> </ul>
<b>Sides</b>			<ul style="list-style-type: none"> <li>Potato Wedges</li> </ul>		<ul style="list-style-type: none"> <li>Oven Baked Chipped Potatoes</li> </ul>
<b>Unlimited Seasonal Salad and Bread Selection</b>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Organic Fruit Yogurt with Seasonal Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Organic Fruit Yogurt with Seasonal Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Organic Fruit Yogurt with Seasonal Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Jelly Pot</li> <li>Seasonal Fresh Fruit</li> </ul>
<p>Homemade bread will accompany all meals. All bread, cakes, pizza bases and pastry are freshly made using organic flour.</p> <p>N.B. Where halal meat has been requested by the school, it is HFA certified (or equivalent). Fresh fruit is available with all desserts.</p> <p>Information on allergens present in this menu is available at <a href="http://www.walthamforest.gov.uk/schoolmeals">www.walthamforest.gov.uk/schoolmeals</a> or at the school</p>					