

# Waltham Forest Catering Autumn/Winter Primary Menu 2018/19

Week Commencing 29/10/18, 19/11/18, 10/12/18, 14/01/19, 04/02/19, 04/03/19, 25/03/19



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Homemade Cheese &amp; Tomato Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Beef &amp; Onion Herby Meatballs</li> </ul>	<ul style="list-style-type: none"> <li>Roast Chicken Thigh With Sage &amp; Onion Stuffing &amp; Gravy</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Shepherd Pie &amp; Gravy</li> </ul>	<ul style="list-style-type: none"> <li>MSC Golden Crumb Fish Fingers or Sausages</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Hungry Guys n Girls Burger served in a Bun with Tomato Relish</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Bolognese</li> </ul>	<ul style="list-style-type: none"> <li>Red Lentil Loaf</li> </ul>	<ul style="list-style-type: none"> <li>Butternut Chilli &amp; Rice</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>Jacket Potato with choice of filling</li> </ul>	<ul style="list-style-type: none"> <li>MSC Tuna Fish Pasta Bake topped with a Herby Crust</li> </ul>	<ul style="list-style-type: none"> <li>Glamorgan Sausages</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Cheese &amp; Broccoli Quiche</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato with choice of filling</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>Oven Baked Jacket Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Potato Mash</li> <li>Wholemeal Spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>Roast Potatoes</li> <li>Creamy Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Half 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>Coleslaw</li> <li>Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>Sweetcorn</li> <li>Fresh Seasonal Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasonal Cabbage</li> <li>Fresh Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Organic Carrot Batons</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>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 Cheesy Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Tomato 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>Banana Brownie &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>Orange Drizzle Cake with Greek Yogurt</li> <li>Organic Fruit Yogurt with Seasonal Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Apple &amp; Apricot Crumble Tart &amp; Custard.</li> <li>Organic Fruit Yogurt with Seasonal Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Mango &amp; Coconut Sponge with Custard</li> <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>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 2018/19

Week Commencing 05/11/18, 26/11/18, 17/12/18, 21/01/19, 11/02/19, 11/03/19, 01/04/19



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Mac n Cheese Slice</li> </ul>	<ul style="list-style-type: none"> <li>Hot n Kicking Chicken Served in a bap with coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>Savoury Beef filled Yorkshire Pudding</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Chicken Korma</li> </ul>	<ul style="list-style-type: none"> <li>Oven Baked MSC Breaded Fish with Lemon Slice</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Vegetarian Chilli</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Dippers with tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Wellington served with gravy</li> </ul>	<ul style="list-style-type: none"> <li>Baked Courgette Fritter served with a yogurt dip</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Sweetcorn Frittata</li> </ul>
<b>Alternative choice</b>	<ul style="list-style-type: none"> <li>Jacket Potato with a choice of filling</li> </ul>	<ul style="list-style-type: none"> <li>Hot Baguette Filled with melting cheese</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Sausages Casserole with Beans</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato with a choice of filling</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Lasagne cooked in a creamy sauce</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Potato Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Roast Potatoes</li> <li>Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>Oven Chipped Potatoes</li> </ul>
<b>Unlimited Vegetables</b>	<ul style="list-style-type: none"> <li>Organic Carrot Batons</li> <li>Sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Corn on the Cob</li> </ul>	<ul style="list-style-type: none"> <li>Cauliflower Cheese</li> <li>Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>Roasted Seasonal Vegetables</li> <li>Grilled ½ Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Spiced Courgette Batons</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</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>Naan Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Garlic Bread</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Apple &amp; Pear Pie &amp; Custard</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Creamy Hot Rice Pudding with sultanas</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Rhubarb &amp; Custard Cake &amp; Custard</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Warm Mandarin Pancake with scoop of Ice Cream</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Peach Melba Sponge &amp; Custard</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</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](http://www.walthamforest.gov.uk) under the heading 'about the school'.





# Waltham Forest Catering Autumn/Winter Primary Menu 2018/19

Week Commencing 12/11/18, 03/12/18, 07/01/19, 28/01/19, 25/02/19, 18/03/19



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	• Tomato & Basil Pasta	• Lemon Crumb Salmon Fillet	• Roast Beef & Yorkshire Pudding with gravy	• Homemade Meat & Potato Pie with gravy	• Selection of Homemade Pizza
<b>Vegetarian choice</b>	• Chick Pea & Spinach Curry	• Fresh Vegetable Stir Fry	• Quorn Swedish Style Balls	• Homemade Falafel in a Wholemeal Pitta Bread	• Vegetable Jalfrezi served with a mint dip
<b>Alternative choice</b>	• Jacket Potato with a choice of filling	• Chicken & Ginger Stir Fry	• Chicken Sausages with gravy	• MSC Fish Fingers served with tomato sauce	• Homemade Cheese & Bean Pasty
<b>Sides</b>	• Mixed Rice	• Noodles • New Potatoes	• Roast Potatoes • Parsley Potatoes	• Creamy Mashed Potato	• Chipped Potatoes • Mixed Rice
<b>Unlimited Vegetables</b>	• Sweetcorn • Green Beans	• Fresh Seasonal Broccoli • Fresh Seasonal Organic Carrots	• Fresh Seasonal Cabbage • Sweetcorn	• Baked Beans • Roasted Vegetables	• Garden Peas • Sweetcorn
<b>Unlimited Seasonal Salad Selection</b>	• Choice of Fresh Salads • Herby Bread	• Choice of Fresh Salads • Focaccia with Rosemary	• Choice of Fresh Salads • Homemade 50/50 Bread	• Choice of Fresh Salads • Wholemeal Bread	• Choice of Fresh Salads • Homemade Crusty Bread
<b>Desserts</b>	• Chocolate Sponge & Chocolate Sauce • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter	• Cheese & Biscuits served with Fresh Apple Slice • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter	• Carrot Cake Muffin & Custard • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter	• Vanilla & Berry Sponge with Vanilla Sauce • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter	• Fruit Trifle • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter

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Fresh Fruit is available with all desserts.

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