



Waltham Forest Catering Summer Primary Menu 2019 Week One

Week Commencing 24/4/19, 13/5/19, 10/6/19, 01/7/19, 22/7/19, 16/9/19, 7/10/19



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Homemade Cheese & Tomato Pizza 	<ul style="list-style-type: none"> Homemade Crusty Topped Chicken & Sweetcorn Pie 	<ul style="list-style-type: none"> Oven Baked Sausage with Onion Gravy 	<ul style="list-style-type: none"> Beef Lasagne 	<ul style="list-style-type: none"> MSC Golden Crumb Fish Fingers with Lemon Wedge
Vegetarian choice	<ul style="list-style-type: none"> Quorn Fajitas 	<ul style="list-style-type: none"> Homemade Shepherdess Pie 	<ul style="list-style-type: none"> Quorn Sausage with Onion Gravy 	<ul style="list-style-type: none"> Vegetable Biryani 	<ul style="list-style-type: none"> Quorn Dipper Picnic Pitta
Alternative choice	<ul style="list-style-type: none"> Jacket Potato with Various Fillings 	<ul style="list-style-type: none"> MSC Lemon Crumb Salmon Fillet 	<ul style="list-style-type: none"> Homemade Cheese & Onion Pasty 	<ul style="list-style-type: none"> Summer Vegetable Stir Fry 	<ul style="list-style-type: none"> Pollack Fillet with Lemon & Herb Coating
Sides	<ul style="list-style-type: none"> Oven Baked Jacket Wedges 	<ul style="list-style-type: none"> Steamed Parsley New Potatoes 	<ul style="list-style-type: none"> Creamy Mashed Potato 	<ul style="list-style-type: none"> Garlic & Herb Bread 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Homemade Coleslaw Minted Garden Peas 	<ul style="list-style-type: none"> Green Beans Fresh Seasonal Organic Carrots 	<ul style="list-style-type: none"> Mixed Vegetables Seasonal Fresh Broccoli 	<ul style="list-style-type: none"> Sweetcorn Fresh Spring Greens 	<ul style="list-style-type: none"> Minted Garden Peas Baked Beans
Unlimited Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Cheesy 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 Bread Rolls 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Wholemeal Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade French Stick
Desserts	<ul style="list-style-type: none"> Carrot Cake with Organic Milk & Fresh Fruit Slice Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Apple & Pear Sponge with Custard Cheese & Crackers with Fresh Fruit Slice Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Rhubarb Crumble with Custard. Organic Fruit Yogurt with Seasonal Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Cheese & Biscuits with Fresh Apple Slice Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Peaches with Ice Cream Cheese & Crackers with Fresh Fruit Slice Seasonal Fresh Fruit

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 Summer Primary Menu 2019 Week Three

Week Commencing 06/5/19, 03/6/19, 24/6/19, 15/7/19, 9/9/19, 30/9/19



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Creamy Pasta Gratin 	<ul style="list-style-type: none"> Minced Beef Chilli Wraps 	<ul style="list-style-type: none"> Swedish Style Loaded Pizza 	<ul style="list-style-type: none"> Honey Coated Sticky Chicken 	<ul style="list-style-type: none"> MSC Fish Fingers with Lemon Wedge
Vegetarian choice	<ul style="list-style-type: none"> Chick Pea & Spinach Curry 	<ul style="list-style-type: none"> Quorn Thai Style Jasmine Rice 	<ul style="list-style-type: none"> Cheese & Tomato Pizza 	<ul style="list-style-type: none"> Homemade Falafel served in a Wholemeal Pitta 	<ul style="list-style-type: none"> Sweet Pepper Pasta
Alternative choice	<ul style="list-style-type: none"> Jacket Potato with various fillings 	<ul style="list-style-type: none"> Chicken & Ginger Stir Fry 	<ul style="list-style-type: none"> Sausage in a Roll with Caramelised Onions 	<ul style="list-style-type: none"> Tuna Pasta Bake topped with a Herby Crust 	<ul style="list-style-type: none"> Homemade Fish Cake with Lemon Wedge
Sides	<ul style="list-style-type: none"> 50/50 Mixed Rice 	<ul style="list-style-type: none"> Noodles 	<ul style="list-style-type: none"> Baked Jacket Wedges 	<ul style="list-style-type: none"> 50/50 Mixed Rice 	<ul style="list-style-type: none"> Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Sweetcorn Green Beans 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Fresh Seasonal Organic Carrots 	<ul style="list-style-type: none"> Mixed Vegetables Sweetcorn 	<ul style="list-style-type: none"> Rainbow Coleslaw Spicy Courgette Batons 	<ul style="list-style-type: none"> Baked Beans Minted Garden Peas
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Herby Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Focaccia Bread with Rosemary & Cherry Tomato 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade 50/50 Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Wholemeal Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Crusty Bread
Desserts	<ul style="list-style-type: none"> Pineapple Upside Down Cake with Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Chocolate & Beetroot Brownie with Organic Milk & Fresh Fruit Slice Cheese & Crackers with Fresh Apple Slice Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fruit Jelly Pot with Fresh Fruit Slice Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Vanilla & Berry Sponge with Custard Cheese & Biscuits with English Apple Slice Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fresh Water Melon Slice Organic Fruit Yogurt with Fresh Fruit 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.waltham-forest.gov.uk/fresh-food-menu/ or at the school



Waltham Forest Catering Summer Primary Menu 2019 Week Three

Week Commencing 06/5/19, 03/6/19, 24/6/19, 15/7/19, 9/9/19, 30/9/19



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> • Creamy Pasta Gratin 	<ul style="list-style-type: none"> • Minced Beef Chilli Wraps 	<ul style="list-style-type: none"> • Swedish Style Loaded Pizza 	<ul style="list-style-type: none"> • Honey Coated Sticky Chicken 	<ul style="list-style-type: none"> • MSC Fish Fingers with Lemon Wedge
Vegetarian choice	<ul style="list-style-type: none"> • Chick Pea & Spinach Curry 	<ul style="list-style-type: none"> • Quorn Thai Style Jasmine Rice 	<ul style="list-style-type: none"> • Cheese & Tomato Pizza 	<ul style="list-style-type: none"> • Homemade Falafel served in a Wholemeal Pitta 	<ul style="list-style-type: none"> • Sweet Pepper Pasta
Alternative choice	<ul style="list-style-type: none"> • Jacket Potato with various fillings 	<ul style="list-style-type: none"> • Chicken & Ginger Stir Fry 	<ul style="list-style-type: none"> • Sausage in a Roll with Caramelised Onions 	<ul style="list-style-type: none"> • Tuna Pasta Bake topped with a Herby Crust 	<ul style="list-style-type: none"> • Homemade Fish Cake with Lemon Wedge
Sides	<ul style="list-style-type: none"> • 50/50 Mixed Rice 	<ul style="list-style-type: none"> • Noodles 	<ul style="list-style-type: none"> • Baked Jacket Wedges 	<ul style="list-style-type: none"> • 50/50 Mixed Rice 	<ul style="list-style-type: none"> • Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> • Sweetcorn • Green Beans 	<ul style="list-style-type: none"> • Fresh Seasonal Broccoli • Fresh Seasonal Organic Carrots 	<ul style="list-style-type: none"> • Mixed Vegetables • Sweetcorn 	<ul style="list-style-type: none"> • Rainbow Coleslaw • Spicy Courgette Batons 	<ul style="list-style-type: none"> • Baked Beans • Minted Garden Peas
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> • Choice of Fresh Salads • Homemade Herby Bread 	<ul style="list-style-type: none"> • Choice of Fresh Salads • Homemade Focaccia Bread with Rosemary & Cherry Tomato 	<ul style="list-style-type: none"> • Choice of Fresh Salads • Homemade 50/50 Bread 	<ul style="list-style-type: none"> • Choice of Fresh Salads • Homemade Wholemeal Bread 	<ul style="list-style-type: none"> • Choice of Fresh Salads • Homemade Crusty Bread
Desserts	<ul style="list-style-type: none"> • Pineapple Upside Down Cake with Custard • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Chocolate & Beetroot Brownie with Organic Milk & Fresh Fruit Slice • Cheese & Crackers with Fresh Apple Slice • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Fruit Jelly Pot with Fresh Fruit Slice • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Vanilla & Berry Sponge with Custard • Cheese & Biscuits with English Apple Slice • Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> • Fresh Water Melon Slice • Organic Fruit Yogurt with Fresh Fruit • Seasonal Fresh Fruit Platter

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