



Waltham Forest Catering Summer Primary Menu 2018

Week Commencing 16/4/18, 7/5/18, 4/6/18, 25/6/18, 16/7/18, 17/9/18, 8/10/18



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Vegetarian Chilli with Nachos 	<ul style="list-style-type: none"> Homemade Beef Burger in a Bap with Tomato Relish 	<ul style="list-style-type: none"> Sticky BBQ Chicken 	<ul style="list-style-type: none"> Beef Bolognese 	<ul style="list-style-type: none"> MSC Golden Crumb Fish Fingers with Lemon Wedge
Vegetarian choice	<ul style="list-style-type: none"> Chickpea Curry 	<ul style="list-style-type: none"> Quorn Hot Dog with Tomato Relish 	<ul style="list-style-type: none"> ½ Boiled Egg & Grated Cheese Ploughman 	<ul style="list-style-type: none"> Vegetarian Bolognese 	<ul style="list-style-type: none"> Mac 'n' Cheese
Alternative choice	<ul style="list-style-type: none"> Homemade Cheese and Potato Slice 	<ul style="list-style-type: none"> Jacket Potatoes with Grated Cheese 	<ul style="list-style-type: none"> MSC Lemon Crumb Salmon Fillet 	<ul style="list-style-type: none"> Jacket Potatoes with Baked Beans 	<ul style="list-style-type: none"> Crispy Homemade Battered MSC Cod with Lemon Slice
Sides	<ul style="list-style-type: none"> Mixed Rice 	<ul style="list-style-type: none"> Spicy Oven Baked Jacket Wedges 	<ul style="list-style-type: none"> New Potatoes/Savoury Rice 	<ul style="list-style-type: none"> Wholemeal Spaghetti 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Sweetcorn 	<ul style="list-style-type: none"> Minted Garden Peas Spicy Courgette Batons 	<ul style="list-style-type: none"> Sweetcorn Green Beans 	<ul style="list-style-type: none"> Fresh Cauliflower Grilled Tomatoes with Basil 	<ul style="list-style-type: none"> Garden Peas Fresh Seasonal Organic Carrots
Unlimited Seasonal Salad and Bread Selection	<ul style="list-style-type: none"> Choice of Fresh Salads 50/50 Homemade Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Garlic Bread 	<ul style="list-style-type: none"> SALAD BAR DAY Focaccia with Basil & Cherry Tomato 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Wholemeal Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Homemade Tomato Bread
Desserts	<ul style="list-style-type: none"> Summer Fruit Yogurt Crunch Pots Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Rice Pudding with Peach Compote Organic Fruit Yogurt with Seasonal Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Banana Cake with Custard. Organic Fruit Yogurt with Seasonal Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Pear & Chocolate Sponge with Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Organic Milk with Homemade Fruity Flapjack Organic Fruit Yogurt with Fresh Fruit 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 2018

Week Commencing 23/4/18, 14/5/18, 11/6/18, 2/7/18, 3/9/18, 24/9/18, 15/10/18



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Five Layer Vegetable Lasagne 	<ul style="list-style-type: none"> Thai Beef Stir Fry 	<ul style="list-style-type: none"> PIZZA BAR Spicy Beef or Tuna & Sweetcorn Pizza 	<ul style="list-style-type: none"> Herby Chicken with Tomato Dip 	<ul style="list-style-type: none"> MSC Fish Finger with Lemon Wedge
Vegetarian choice	<ul style="list-style-type: none"> Oven Baked Jacket Potato with Beans 	<ul style="list-style-type: none"> Katsu Curry 	<ul style="list-style-type: none"> Cheese & Tomato Pizza 	<ul style="list-style-type: none"> Quorn Dippers with Tomato Dip 	<ul style="list-style-type: none"> Cheese & Sweetcorn Quiche
Alternative choice	<ul style="list-style-type: none"> Salmon Pasta Bake 	<ul style="list-style-type: none"> Jacket Potato with Grated Cheese 	<ul style="list-style-type: none"> Quorn Fajitas 	<ul style="list-style-type: none"> Lamb Kofta 	<ul style="list-style-type: none"> Homemade Fish Cake with Lemon Wedge
Sides	<ul style="list-style-type: none"> Spicy Diced Oven Wedges 	<ul style="list-style-type: none"> Mixed Rice 	<ul style="list-style-type: none"> Half Jacket Potatoes 	<ul style="list-style-type: none"> Steamed New Potatoes Mixed Rice 	<ul style="list-style-type: none"> Oven Chipped Potatoes Minted New Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Fresh Cauliflower Garden Peas 	<ul style="list-style-type: none"> Sliced Courgettes Sweetcorn 	<ul style="list-style-type: none"> Baked Beans Mixed Vegetables 	<ul style="list-style-type: none"> Green Beans Red Slaw 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Tomato Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Naan Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Garlic Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Herb Cheese Breads 	<ul style="list-style-type: none"> Choice of Fresh Salads Wholemeal Bread
Desserts	<ul style="list-style-type: none"> Apple Crumble and Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Shortbread with Organic Milk & Fresh Fruit Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fruit Jelly Pot with Fresh Fruit Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Peach Cobbler with Custard Organic Fruit Yogurt with Fresh Fruit Seasonal fresh Fruit Platter 	<ul style="list-style-type: none"> Ice Cream Scoop with Mango Sauce Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter

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Waltham Forest Catering Summer Primary Menu 2018

Week Commencing 30/4/18, 21/5/18, 18/6/18, 9/7/18, 10/9/18, 1/10/18



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Quorn Sausage Jambalaya 	<ul style="list-style-type: none"> Homemade Crusty Topped Chicken & Sweetcorn Pie 	<ul style="list-style-type: none"> PASTA BAR Beef Bolognaise 	<ul style="list-style-type: none"> Oven Baked Sausages with Gravy 	<ul style="list-style-type: none"> MSC Fish Fingers with Lemon Wedge
Vegetarian choice	<ul style="list-style-type: none"> Spicy Vegetable Quesadilla 	<ul style="list-style-type: none"> Shepherdess Pie 	<ul style="list-style-type: none"> Vegetable Samosa 	<ul style="list-style-type: none"> Glamorgan Sausages 	<ul style="list-style-type: none"> Spanish Omelette
Alternative choice	<ul style="list-style-type: none"> MSC Lemon Crumb Salmon Fillet 	<ul style="list-style-type: none"> Oven Baked Jacket Potato with Grated Cheese 	<ul style="list-style-type: none"> Pasta In Tomato & Basil Sauce 	<ul style="list-style-type: none"> Oven Baked Jacket Potato with Baked Beans 	<ul style="list-style-type: none"> Caribbean Fish
Sides	<ul style="list-style-type: none"> Oven Baked Jacket Wedges 	<ul style="list-style-type: none"> Steamed Parsley New Potato 	<ul style="list-style-type: none"> Pasta Twists ½ Jacket Potato 	<ul style="list-style-type: none"> Creamy Mashed Potato 	<ul style="list-style-type: none"> Oven Baked Chipped Potatoes Rice & Peas
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Mixed Vegetables 	<ul style="list-style-type: none"> Green Beans Organic Seasonal Carrots 	<ul style="list-style-type: none"> Grated Carrot & Courgette Salad/Pasta Salad 	<ul style="list-style-type: none"> Baked Beans Minted Garden Peas 	<ul style="list-style-type: none"> Grilled Tomatoes Sweetcorn
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Choice of Fresh Salads Herby Cheese Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Tomato Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads Garlic Bread Slice 	<ul style="list-style-type: none"> Choice of Fresh Salads Wholemeal Bread 	<ul style="list-style-type: none"> Choice of Fresh Salads 50/50 Bread
Desserts	<ul style="list-style-type: none"> Carrot Cake with Organic Milk & Fruit Slice Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Vanilla Sponge with Summer Fruit Compote & Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Chilled Banana Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Cheese & Biscuits with English Apple Slice Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Peaches with Ice cream Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit Platter

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