



Waltham Forest Catering Summer Primary Menu 2016

Week commencing 11th April, 2nd May, 23rd May, 20th June, 11th July, 5th Sept, 26^h Sept, 17th Oct, 2016



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Summer Garden Pizza 	<ul style="list-style-type: none"> Homemade Cottage Pie 	<ul style="list-style-type: none"> Lemon and Thyme Roast Chicken 	<ul style="list-style-type: none"> Chicken Biryani 	<ul style="list-style-type: none"> Fish Fingers 
Vegetarian choice	<ul style="list-style-type: none"> Roasted Vegetable and Basil Pasta Bake 	<ul style="list-style-type: none"> Street Style Vegetable Noodles 	<ul style="list-style-type: none"> Sweet Potato Pakora Curry 	<ul style="list-style-type: none"> Cheddar Cheese and Chive Quiche 	<ul style="list-style-type: none"> Vegetable Soya Mince Chilli
Alternative choice		<ul style="list-style-type: none"> Salmon Fillet in Wholemeal Crumb  	<ul style="list-style-type: none"> Macaroni Cheese 		<ul style="list-style-type: none"> Baked Potato with Tuna Mayonnaise
Sides	<ul style="list-style-type: none"> Warm Garlic Bread* Wholewheat Spaghetti Jacket Wedges 	<ul style="list-style-type: none"> Wholemeal Bread* Creamed Potatoes 	<ul style="list-style-type: none"> Crusty Bread* Roast Potatoes Mixed Rice 	<ul style="list-style-type: none"> Wholemeal Bread* Mixed Rice Half Jacket Potato 	<ul style="list-style-type: none"> Garlic and Herb Bread* Chipped Potatoes Rice
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Sweetcorn 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Organic Seasonal Carrots 	<ul style="list-style-type: none"> Whole Green Beans Fresh Seasonal Cabbage 	<ul style="list-style-type: none"> Sugar Snap Peas Roast Butternut Squash 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection
Desserts	<ul style="list-style-type: none"> Sliced Peaches with Custard Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Mini Chocolate & Beetroot Traybake with Organic Milk and Fresh Fruit Cheese, Biscuits and Grapes Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Homemade Biscuits with Organic Milk and Fresh Fruit Iced Fruit Smoothie Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Finger of Ginger Cake & Custard with Fresh Fruit Fruit in Jelly Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Raspberry Arctic Roll with Fresh Fruit. Organic Fruit Yogurt 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)

Information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school






Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



Waltham Forest Catering Summer Primary Menu 2016

Week Commencing 18th April, 9th May, 6th June, 27th June, 18th July, 12th Sept, 3rd Oct, 2016



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Quorn Bolognese 	<ul style="list-style-type: none"> Thai Beef Stir Fry 	<ul style="list-style-type: none"> Sausages with Caramelised Onions 	<ul style="list-style-type: none"> Jerk Chicken 	<ul style="list-style-type: none"> Fish Fingers 
Vegetarian choice	<ul style="list-style-type: none"> Jacket Potatoes with Grated Cheddar Cheese and Homemade Coleslaw 	<ul style="list-style-type: none"> Rice, Chickpea and Vegetable Bake 	<ul style="list-style-type: none"> Falafel with Pitta Bread and Raita 	<ul style="list-style-type: none"> Homemade Country Pizza 	<ul style="list-style-type: none"> Quorn Sausage Roll
Alternative choice		<ul style="list-style-type: none"> Salmon Nuggets  		<ul style="list-style-type: none"> Lemon and Garlic Chicken 	<ul style="list-style-type: none"> Homemade Crispy Battered Fish 
Sides	<ul style="list-style-type: none"> Garlic Bread* Wholemeal Spaghetti Mixed Rice 	<ul style="list-style-type: none"> Crusty Bread* Oven Baked Jacket Wedges 	<ul style="list-style-type: none"> Warm Bread* New Potatoes 	<ul style="list-style-type: none"> Warm Bread* Rice and Peas Herby Diced Potatoes 	<ul style="list-style-type: none"> Crusty Bread* Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Garden Peas Fresh Seasonal Broccoli 	<ul style="list-style-type: none"> Fresh Creamy Mashed Seasonal Organic Carrot and Swede Sweetcorn 	<ul style="list-style-type: none"> Roasted Sweet Potatoes Green Beans 	<ul style="list-style-type: none"> Sweetcorn Mini Cobs Fresh Seasonal Organic Carrots 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection
Desserts	<ul style="list-style-type: none"> Pineapple Upside Down Sponge with Custard Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> English Apple with Oat Crumble and Custard Pineapple Slices and Custard Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Shortbread Biscuit Organic Milk and Fresh Fruit Seasonal Fresh Fruit Platter Organic Fruit Yogurt 	<ul style="list-style-type: none"> Finger of Chocolate Cake with Chocolate Custard & Fresh Fruit Organic Fruit Yogurt plus Fresh Fruit Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Fresh Fruit with Yogurt Cheese, Biscuits and Grapes Seasonal Fresh Fruit Platter

Homemade bread will accompany all meals. All bread, cakes, pizza bases and pastry are freshly made using organic flour.

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MSC-C-50678



Waltham Forest Catering Summer Primary Menu 2016

Week Commencing 25th April, 16th May, 13th June, 4th July, 1st Sept, 19th Sept, 10th Oct, 2016



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Quorn Chilli Con Carne and Nachos 	<ul style="list-style-type: none"> Homemade Beef Burger in a Bap 	<ul style="list-style-type: none"> Chicken and Sweetcorn Pie 	<ul style="list-style-type: none"> Homemade Lasagne 	<ul style="list-style-type: none"> Fish Fingers 
Vegetarian choice	<ul style="list-style-type: none"> Roasted Vegetable and Chickpea Wraps 	<ul style="list-style-type: none"> Quorn Sausage in a Roll 	<ul style="list-style-type: none"> Jollof Rice with Quorn 	<ul style="list-style-type: none"> Jacket Potato with Grated Cheddar Cheese and Homemade Coleslaw 	<ul style="list-style-type: none"> Homemade Leek and Lentil Pie
Alternative choice		<ul style="list-style-type: none"> Salmon Fillet in Wholemeal Crumb  			<ul style="list-style-type: none"> Homemade Crispy Battered Fish 
Sides	<ul style="list-style-type: none"> Herby Bread* Mixed Rice 	<ul style="list-style-type: none"> Warm Bread* Spicy Jacket Wedges 	<ul style="list-style-type: none"> Warm Garlic Bread* Creamy Mashed Potatoes 	<ul style="list-style-type: none"> Tomato Bread* 	<ul style="list-style-type: none"> Garlic and Herb Bread* Chipped Potatoes
Unlimited Vegetables	<ul style="list-style-type: none"> Mixed Vegetables Green Beans 	<ul style="list-style-type: none"> Sweetcorn Mini Cobs Garden Peas 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Fresh Seasonal Glazed Organic Carrots 	<ul style="list-style-type: none"> Sweetcorn Fresh Seasonal Roasted Vegetables 	<ul style="list-style-type: none"> Garden Peas Baked Beans
Unlimited Seasonal Salad Selection	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection 	<ul style="list-style-type: none"> Fresh salads from salad selection
Desserts	<ul style="list-style-type: none"> English Apple Eves Sponge and Custard Organic Fruit Yogurt Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Chocolate Cracknel finger Custard and Fresh Fruit Organic Fruit Yogurt and Fresh Fruit Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Fruit Jelly with Fresh Fruit Seasonal Fresh Fruit Platter Apple Compote with Vanilla Ice Cream. 	<ul style="list-style-type: none"> Jamaican Ginger Cake, with Pineapple and Custard Organic Fruit Yogurt with Fresh Fruit Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Banana Cake & Custard Chilled Milk with Fresh Fruit Seasonal Fresh Fruit Platter

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