



Waltham Forest Catering Spring Term 2014 Primary Menu

Week Starting 6th Jan, 27th Jan, 24th Feb, 17th March 2014.



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	• Chicken Korma	• Cottage Pie	• Roast Beef and Yorkshire Pudding	• Lamb Tagine	• Fish Fingers
Vegetarian choice	• Autumn Garden Pizza	• Pasta Arabiata	• Sweetcorn and Pepper Quiche	• Seasonal Roasted Vegetable Lasagne	• Vegetable Chow Mein
Alternative choice		• Wholemeal Breaded Salmon Fillet		• Tuna Pasta Bake	• Jacket Potatoes with Cheddar Cheese or Tuna
Sides	• Wholemeal Bread* • Rice	• Warm Garlic Bread* • Creamed Potatoes	• Crusty Bread* • Roast Potatoes	• Wholemeal Bread* • Spicy Lemon Couscous	• Garlic and Herb Bread* • Chipped Potatoes
Vegetables	• Garden Peas • Sweetcorn	• Fresh Seasonal Broccoli • Fresh Seasonal Roasted Parsnips	• Fresh Seasonal Organic Carrots • Fresh Seasonal Cabbage	• Country Mixed Vegetables • Roasted Butternut Squash.	• Garden Peas • Baked Beans
Seasonal salad selection	• Fresh salads from salad selection	• Fresh salads from salad selection	• Fresh salads from salad selection	• Fresh salads from salad selection	• Fresh salads from salad selection
Desserts	• Peach Slices with Custard • Organic Fruit Yogurt • Seasonal Fresh Fruit Platter	• Chocolate & Beetroot Muffin and Custard • Organic Fruit yogurt • Seasonal Fresh Fruit Platter	• Syrup Sponge Pudding with Custard • Seasonal Fresh Fruit Platter • Cheese and Biscuits	• Pineapple Slices and Custard • Fruit Jelly • Seasonal Fresh Fruit Platter	• Organic Fruit Yogurt • Seasonal Fresh Fruit Platter • English Apple Eves Spiced Custard

* Homemade bread will accompany all meals. All bread, cakes 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)



Waltham Forest Catering Autumn Term 2013 Primary Menu

Week Starting 13th Jan, 3rd Feb, 3rd March, 24th March 2014



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Mild Chilli Con Carne & Nachos 	<ul style="list-style-type: none"> Chicken and Sweetcorn Pie 	<ul style="list-style-type: none"> Spaghetti Bolognese (Beef) 	<ul style="list-style-type: none"> Jerk Chicken 	<ul style="list-style-type: none"> Homemade Red Pepper Cherry Tomato Pizza
Vegetarian choice	<ul style="list-style-type: none"> Macaroni Cheese 	<ul style="list-style-type: none"> Vegetable samosas 	<ul style="list-style-type: none"> Homemade Chick Pea Croquettes 	<ul style="list-style-type: none"> Pasta with Pesto Sauce 	<ul style="list-style-type: none"> Quorn Spaghetti Bolognese
Alternative choice		<ul style="list-style-type: none"> Salmon Nuggets 	<ul style="list-style-type: none"> Jacket Potato with Tuna or Baked Beans 		<ul style="list-style-type: none"> Breaded Fish Fillets
Sides	<ul style="list-style-type: none"> Garlic Bread* Rice 	<ul style="list-style-type: none"> Crusty Bread* Oven Baked Jacket Wedges 	<ul style="list-style-type: none"> Warm Bread* Spaghetti ½ Jacket Potato 	<ul style="list-style-type: none"> Warm Bread Rice and peas 	<ul style="list-style-type: none"> Crusty Bread* Chipped Potatoes
Vegetables	<ul style="list-style-type: none"> Garden Peas Fresh Seasonal Broccoli 	<ul style="list-style-type: none"> Fresh Creamy Mashed Organic Carrot and Swede Sweetcorn 	<ul style="list-style-type: none"> Roasted Sweet Potatoes Green Beans 	<ul style="list-style-type: none"> Sweetcorn Fresh Seasonal Organic Carrots 	<ul style="list-style-type: none"> Garden Peas Baked Beans
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"> Lemon Iced Sponge & Custard Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> English Apple and Plum Crumble and Custard Shortbread Biscuit and milk Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Blueberry Marble Sponge and Custard Peach Slices and Custard Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Carrot Cake and Custard Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Banana Loaf and Custard Cheese and Biscuits Seasonal Fresh Fruit Platter

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Waltham Forest Catering Autumn Term 2013 primary menu

Week Starting 20th Jan, 10th Feb, 10th March, 31st March 2014



	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	<ul style="list-style-type: none"> Sausages and Caramelised Onions 	<ul style="list-style-type: none"> Steak and Vegetable Casserole 	<ul style="list-style-type: none"> Chicken Tikka Masala 	<ul style="list-style-type: none"> Lasagne 	<ul style="list-style-type: none"> Fish Fingers
Vegetarian choice	<ul style="list-style-type: none"> Pasta with Basil and Tomato Sauce 	<ul style="list-style-type: none"> Jamaican Vegetable Patty 	<ul style="list-style-type: none"> Roasted Vegetable Enchiladas 	<ul style="list-style-type: none"> Quorn Sausages with Onion Gravy 	<ul style="list-style-type: none"> Cheese and Broccoli Flai
Alternative choice				<ul style="list-style-type: none"> Jacket Potatoes with Cheese or Tuna 	<ul style="list-style-type: none"> Breaded White Fish Fillet
Sides	<ul style="list-style-type: none"> Crusty Garlic Bread* Sweet Potato Mash 	<ul style="list-style-type: none"> Warm Bread* Jacket Wedges 	<ul style="list-style-type: none"> Warm Bread* Rice 	<ul style="list-style-type: none"> Tomato Bread* Spicy Potatoes 	<ul style="list-style-type: none"> Garlic and Herb Bread* Chipped Potatoes
Vegetables	<ul style="list-style-type: none"> Baked Beans Green Beans 	<ul style="list-style-type: none"> Fresh Creamy Mashed Organic Carrot and Parsnips Mixed Vegetables 	<ul style="list-style-type: none"> Fresh Seasonal Broccoli Fresh Glazed Organic Carrots 	<ul style="list-style-type: none"> Fresh Seasonal Roasted Root Vegetables Fresh Winter Cauliflower 	<ul style="list-style-type: none"> Garden Peas Sweetcorn
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 Rings & Custard Organic Fruit Yogurt Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> Chocolate Cracknel and Custard Fruit Jelly Seasonal Fresh Fruit Salad 	<ul style="list-style-type: none"> English Apple Crumble with Custard Peach Slices Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Chocolate Sponge and Chocolate Sauce Organic Fruit Yogurt Seasonal Fresh Fruit Platter 	<ul style="list-style-type: none"> Rice Pudding and Jam Iced Finger Seasonal Fresh Fruit Pla

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