



# Waltham Forest Catering Summer Primary Menu 2020 Week Two



Week Commencing 7/9/20, 21/9/20, 5/10/20, 19/10/20

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	<ul style="list-style-type: none"> <li>• Tomato &amp; Vegetable Pasta Bake</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Sweetcorn Pie with Gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Baked Sausages with Fried Onions /Gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Jerk Chicken</li> </ul>	<ul style="list-style-type: none"> <li>• MSC Fish Finger with Lemon Wedge</li> </ul>
<b>Vegetarian Choice</b>	<ul style="list-style-type: none"> <li>• Vegetable Korma</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Pasta Gratin</li> </ul>	<ul style="list-style-type: none"> <li>• Quorn Sausage with Fried Onions/Gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Summer Vegetable Tagliatelle</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Tomato Quiche</li> </ul>
<b>Alternative</b>	<ul style="list-style-type: none"> <li>• Freshly Prepared Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Ginger Stir Fry with Noodles</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Biryani</li> </ul>	<ul style="list-style-type: none"> <li>• Jacket Potato served with various fillings</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Homemade Battered MSC Fish Fillet</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>• 50/50 Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Spicy Jacket Wedges</li> </ul>	<ul style="list-style-type: none"> <li>• Creamed Mash Potato</li> </ul>	<ul style="list-style-type: none"> <li>• Creamed Mashed Potato</li> </ul>	<ul style="list-style-type: none"> <li>• Chipped Potatoes</li> </ul>
<b>Unlimited Vegetables</b>	<ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Organic Carrot Batons</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Seasonal Broccoli</li> <li>• Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Sweetcorn</li> <li>• Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Rice &amp; Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Peas &amp; Sweetcorn</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 Bread with Rosemary</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>• Homemade Crusty Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Choice of Fresh Salads</li> <li>• Homemade Garlic Bread Slice</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Fruit Cocktail &amp; 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>• Cheese &amp; Crackers with Fresh Apple Slice</li> <li>• Organic Fruit Yogurt with Fresh Fruit</li> <li>• Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Cracknel &amp; Chocolate Sauce</li> <li>• Organic Fruit Yogurt with Fresh Fruit</li> <li>• Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Shortbread Biscuit with Organic Milk</li> <li>• Organic Fruit Yogurt with Fresh Fruit</li> <li>• Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Iced Sponge &amp; Fresh Fruit Slice</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/schoolmeals](http://www.walthamforest.gov.uk/schoolmeals) or at the school





# Waltham Forest Catering Summer Primary Menu 2020 Week One

Week Commencing 31/8/20, 14/9/20, 28/9/20, 12/10/20



	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 Burger in a Bun</li> </ul>	<ul style="list-style-type: none"> <li>Roast Turkey served with Sage &amp; Onion Stuffing &amp; Gravy</li> </ul>	<ul style="list-style-type: none"> <li>Beef Lasagne</li> </ul>	<ul style="list-style-type: none"> <li>MSC Golden Crumb Fish Fingers with Lemon Wedge</li> </ul>
<b>Vegetarian Choice</b>	<ul style="list-style-type: none"> <li>Samosas</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Burger in a Bun</li> </ul>	<ul style="list-style-type: none"> <li>Tomato &amp; Basil Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Five Layer Vegetable Lasagne</li> </ul>	<ul style="list-style-type: none"> <li>Mac 'n' Cheese</li> </ul>
<b>Alternative</b>	<ul style="list-style-type: none"> <li>Summer Vegetable Stir Fry with Noodles</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato with Various Fillings</li> </ul>	<ul style="list-style-type: none"> <li>MSC Lemon Crumb Salmon Fillet served with a Lemon Twist</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potato with Various Fillings</li> </ul>	<ul style="list-style-type: none"> <li>Tuna &amp; Sweetcorn Wrap</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>1/2 Jacket Potato</li> </ul>	<ul style="list-style-type: none"> <li>Spicy Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Minted New Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Garlic Bread</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>Sweetcorn</li> <li>Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Vegetables</li> <li>Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>Spring Greens</li> <li>Fresh Seasonal Organic Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasonal Broccoli</li> <li>Summer Roasted Vegetables</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 Crusty Bread</li> </ul>	<ul style="list-style-type: none"> <li>Choice of Fresh Salads</li> <li>Homemade Garlic 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>Peaches &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>Pineapple &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>Cheese &amp; Crackers &amp; Fresh Apple Slice</li> <li>Organic Fruit Yogurt with Seasonal Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Cake &amp; 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</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>

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