



# Waltham Forest Catering Summer Primary Menu 2017

**Week Commencing, 17.4.17, 8.5.17, 5.6.17, 26.6.17, 17.7.17, 18.9.17, 9.10.17**



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Vegetable Lasagne</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti Bolognese</li> </ul>	<ul style="list-style-type: none"> <li>Spicy Moroccan Meatballs</li> </ul>	<ul style="list-style-type: none"> <li>Sticky Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Vegetable Biryani</li> </ul>	<ul style="list-style-type: none"> <li>Street Style Vegetable Noodles</li> </ul>	<ul style="list-style-type: none"> <li>Sunny Sweetcorn Quiche</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Mince &amp; Lentil Burger in a bun</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Sausage In a Homemade Roll</li> </ul>
<b>Alternative choice</b>	<ul style="list-style-type: none"> <li>Tuna/Cheese Baguette</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Salmon &amp; Tomato Ketchup Fishcakes</li> </ul>			<ul style="list-style-type: none"> <li>Homemade Battered Fish with Lemon Garnish.</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>Jacket Wedges</li> </ul>	<ul style="list-style-type: none"> <li>New Minted Potatoes</li> <li>Wholemeal Spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>Herby Diced Potatoes</li> <li>Cous Cous/Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Rice</li> <li>Fresh Sweet Potato Wedges</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>Garden Peas</li> <li>Sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasonal Broccoli</li> <li>Organic Seasonal Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Whole Green Beans</li> <li>Fresh Seasonal Cabbage</li> </ul>	<ul style="list-style-type: none"> <li>Sugar Snap Peas</li> <li>Sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>Garden Peas</li> <li>Baked Beans</li> </ul>
<b>Unlimited Seasonal Salad Selection</b>	<ul style="list-style-type: none"> <li>Fresh salads</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Sliced Peaches with Custard</li> <li>Organic Fruit Yogurt</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate &amp; Beetroot Traybake with Organic Milk and Fresh Fruit</li> <li>Iced Fruit Smoothie</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Homemade shortbread Biscuits with Organic Milk and Fresh Fruit</li> <li>Organic Fruit Yogurt</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Finger of Ginger Cake &amp; Custard with Fresh Fruit</li> <li>Strawberries in Jelly</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasonal Fruit &amp; Ice Cream</li> <li>Organic Fruit Yogurt</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 2017

**Week Commencing 24.4.17, 15.5.17, 12.6.17, 3.7.17, 4.9.17, 25.9.17, 16.10.17**



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Oriental Vegetables &amp; Quorn Chicken Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>Beef Pastitsio</li> </ul>	<ul style="list-style-type: none"> <li>Sausages with Caramelised Onions</li> </ul>	<ul style="list-style-type: none"> <li>Lemon and Garlic chicken</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Macaroni Cheese with Crispy Topping</li> </ul>	<ul style="list-style-type: none"> <li>Spinach &amp; Cherry Tomato Frittata</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Sausages with Caramelised Onions</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Country Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Fajitas</li> </ul>
<b>Alternative choice</b>		<ul style="list-style-type: none"> <li>Salmon Goujons</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Jollof Rice</li> </ul>		<ul style="list-style-type: none"> <li>Homemade Crispy Battered Fish with Lemon Garnish</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>Noodles</li> </ul>	<ul style="list-style-type: none"> <li>Herby Diced Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Creamy Mashed Potato</li> </ul>	<ul style="list-style-type: none"> <li>Oven Baked Jacket Wedges</li> <li>Mixed Rice</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>Garden Peas</li> <li>Fresh Seasonal Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Sweetcorn</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasonal Organic Carrots</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Sweetcorn Mini Cobs</li> <li>Roast Butternut squash</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>Fresh salads</li> <li>Homemade Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads</li> <li>Homemade Bread</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads</li> <li>Homemade Bread</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads</li> <li>Homemade Tomato Bread</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads</li> <li>Homemade Wholemeal Bread</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Pineapple rings with custard.</li> <li>Organic Fruit Yogurt with Seasonal fresh fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>English Apple with Oat Crumble and Custard</li> <li>Peach Slices and Custard</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Finger of Chocolate Cake, Custard &amp; Fresh Fruit</li> <li>Organic Fruit Yogurt with Seasonal fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Chilled Watermelon</li> <li>Organic Fruit Yogurt plus Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit with Organic Yogurt</li> <li>Cheese, Biscuits and English Apple</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.

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Fresh Fruit is available with all desserts.

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# Waltham Forest Catering Summer Primary Menu 2017

*Week Commencing 1.5.17, 22.5.17, 19.6.17, 10.7.17, 11.9.17, 2.10.17*



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main choice</b>	<ul style="list-style-type: none"> <li>Summertime Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Beef Burger in a Bap</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and Sweetcorn Pie</li> </ul>	<ul style="list-style-type: none"> <li>Roast Turkey with Sage &amp; Onion Stuffing</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers</li> </ul>
<b>Vegetarian choice</b>	<ul style="list-style-type: none"> <li>Spicy Tomato &amp; Pasta Bake</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Potato &amp; Chickpea Curry</li> </ul>	<ul style="list-style-type: none"> <li>Mediterranean Vegetable &amp; Feta Layer</li> </ul>	<ul style="list-style-type: none"> <li>Olive &amp; Tomato Risotto</li> </ul>	<ul style="list-style-type: none"> <li>Red Vegetable Chilli</li> </ul>
<b>Alternative choice</b>		<ul style="list-style-type: none"> <li>Breaded Salmon Fillet</li> </ul>	<ul style="list-style-type: none"> <li>Jacket Potatoes with Grated Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Samosa</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Crispy Battered Fish with Lemon Garnish</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>Sauté Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Spicy Jacket Wedges</li> <li>Mixed Rice</li> </ul>	<ul style="list-style-type: none"> <li>Creamy Mashed Potato</li> </ul>	<ul style="list-style-type: none"> <li>Rosemary Roast Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Oven baked Chipped Potatoes</li> <li>Mixed Rice</li> </ul>
<b>Unlimited Vegetables</b>	<ul style="list-style-type: none"> <li>Mixed Vegetables</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Sweetcorn Mini Cobs</li> <li>Garden Peas</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasonal Broccoli</li> <li>Fresh Seasonal Glazed Organic Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Sweetcorn</li> <li>Seasonal Cabbage</li> </ul>	<ul style="list-style-type: none"> <li>Garden Peas</li> <li>Baked Beans</li> </ul>
<b>Unlimited Seasonal Salad Selection</b>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salads from salad selection</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>English Apple Eves Sponge and Custard</li> <li>Organic Fruit Yogurt</li> <li>Seasonal Fresh Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Cracknel Custard and Fresh Fruit</li> <li>Organic Fruit Yogurt and Fresh Fruit</li> <li>Seasonal Fresh Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Cheese, Biscuits and English apple</li> <li>English Apple Compote with Vanilla Ice Cream.</li> <li>Seasonal Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Organic Carrot Cake with Custard</li> <li>Organic Fruit Yogurt with Fresh Fruit</li> <li>Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Raspberry Artic Roll &amp; Fresh Fruit</li> <li>Chilled Milk with Seasonal Fresh Fruit</li> <li>Seasonal Fresh Fruit Platter</li> </ul>

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