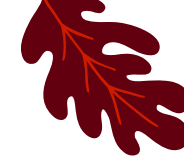


# Autumn/Winter Menu 2024/25



## SAVE THE PLANET MONDAY

### CHOOSE FROM

- Planet Pizza Wedge with Skin On Fries
- Vegetable Supreme Pizza with Skin On Fries
- Plant-Power Pesto Pasta

### UNLIMITED

- Sweetcorn
- Minted Garden Peas
- Salad Selection
- Homemade Garlic Bread

### DESSERTS

- Peaches and Custard
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

## ALLERGEN FRIENDLY TUESDAY (FDA)

### CHOOSE FROM

- Ear Popping Sweetcorn Risotto
- Oven Baked Jacket Potato with Baked Beans
- Chilli Con Carne with Mixed Rice

### UNLIMITED

- Green Beans
- Roasted Organic Carrots
- Salad Selection
- Homemade Bread

### DESSERTS

- Creamy Rice Pudding with a Fruit Compote
- Fresh Fruit Salad
- Seasonal Fresh Fruit

Milk will be available after lunch.

## ALLERGEN FRIENDLY WEDNESDAY (FDA)

### CHOOSE FROM

- Winter Vegetable and Chickpea Curry with Rice
- Baked Countryside Cutlet with Rosemary Roast Potatoes
- Lemon and Garlic Chicken with Rosemary Roast Potatoes

### UNLIMITED

- Mixed Vegetables
- Fresh Season Green Cabbage
- Salad Selection
- Homemade Bread

### DESSERTS

- St Clements Jelly
- Fresh Fruit Salad
- Seasonal Fresh Fruit

Milk will be available after lunch.

## CLIMATE CHANGE THURSDAY

### CHOOSE FROM

- Classic Tomato and Basil Pasta
- Sweet Chilli Noodle Pot
- Oven Baked Jacket Potato with Baked Beans or Cheese

### UNLIMITED

- Fresh Seasonal Broccoli
- Sweetcorn Coblets
- Salad Selection
- Homemade Bread

### DESSERTS

- Lemon Drizzle Cake and Custard
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

## FUN FACT FRIDAY

### CHOOSE FROM

- Tofu Tikka Curry with Mixed Rice
- MSC Golden Crumb Fish Fingers with Oven Chipped Potatoes
- Jerk Chicken with Rice and Peas

### UNLIMITED

- Baked Beans
- Minted Garden Peas
- Salad Selection
- Homemade Tomato Bread

### DESSERTS

- Cheese and Crackers with Fresh Apple Slice
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

Please note: all cakes, pastry and pizza bases are freshly made using organic flour. 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](http://www.walthamforest.gov.uk/schoolmeals) or at the school.



WEEK 1



Helping to support climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

Provider of excellent quality, freshly cooked, tasty, nutritious school meals. We are working to reduce sugar content of our desserts in line with current healthy living advice.

Mindful Meals National School Meals Week 11th-15th November

EAT THE RAINBOW



OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
1 2 3 4	1	2 3 4 5 6	1 2 3	3 4 5 6 7	3 4 5 6 7
7 8 9 10 11	4 5 6 7 8	9 10 11 12 13	6 7 8 9 10	10 11 12 13 14	10 11 12 13 14
14 15 16 17 18	11 12 13 14 15	16 17 18 19 20	13 14 15 16 17	17 18 19 20 21	17 18 19 20 21
21 22 23 24 25	18 19 20 21 22	23 24 25 26 27	20 21 22 23 24	24 25 26 27 28	24 25 26 27 28
28 29 30 31	25 26 27 28 29	30 31	27 28 29 30 31		31

- Vegan
- Vegetarian
- Gluten Free
- Dairy Free
- FDA Free from the 14 declarable allergens

# Autumn/Winter Menu 2024/25



## SAVE THE PLANET MONDAY

### CHOOSE FROM

- Red Lentil Dhal with Coconut Rice
- Homemade Cheese and Potato Whirls with Creamy Mashed Potato
- Oven Baked Jacket Potato with Baked Beans or Coleslaw

### UNLIMITED

- Fresh Seasonal Broccoli
- Sweetcorn
- Salad Selection
- Homemade Wholemeal Bread

### DESSERTS

- Fresh Fruit and Ice Cream
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

## ALLERGEN FRIENDLY TUESDAY (FDA)

### CHOOSE FROM

- Tangy Tomato and Pepper Pasta
- Margherita Pizza with Jacket Wedges
- Spicy Meatballs in a Creamy Tomato Sauce with Italian Rice

### UNLIMITED

- Fresh Organic Carrots
- Green Beans
- Salad Selection
- Homemade Bread

### DESSERTS

- Grilled Winter Fruit drizzled with Honey
- Fresh Fruit Salad
- Seasonal Fresh Fruit
- Milk will be available after lunch.

## ALLERGEN FRIENDLY WEDNESDAY (FDA)

### CHOOSE FROM

- Smokey Campfire Casserole with Diced Potatoes
- Oven Baked Jacket Potato with Smoky Applewood Cheese
- Hot n Kickin Chicken with Diced Potatoes

### UNLIMITED

- Rainbow Roasted Vegetables
- Salad Selection
- Homemade Bread

### DESSERTS

- Fruit Jelly Pot
- Fresh Fruit Salad
- Seasonal Fresh Fruit
- Milk will be available after lunch.



## CLIMATE CHANGE THURSDAY

### CHOOSE FROM

- Roasted Vegetable Biryani
- Quorn Loaded Fajita
- Homemade Cheddar Cheese and Sweetcorn Quiche with Parsley Steamed Potatoes

### UNLIMITED

- Fresh Seasonal Broccoli
- Mixed Vegetables
- Salad Selection
- Homemade Bread

### DESSERTS

- Chocolate Cracknel and Custard
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

## FUN FACT FRIDAY

### CHOOSE FROM

- Vegetable Samosa with Oven Chipped Potatoes
- MSC Golden Crumb Fish Fingers with a Lemon Twist and Oven Chipped Potatoes
- Burger in a Bun with Oven Chipped Potatoes

### UNLIMITED

- Baked Beans
- Sweetcorn
- Salad Selection
- Homemade Garlic and Rosemary Focaccia

### DESSERTS

- Carrot Cake and Custard
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

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WEEK 2



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Mindful Meals National School Meals Week 11th-15th November



EAT THE RAINBOW



### OCTOBER

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

### NOVEMBER

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

### DECEMBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

### JANUARY

M	T	W	T	F
	1	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

### FEBRUARY

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

### MARCH

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

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# Autumn/Winter Menu 2024/25



## SAVE THE PLANET MONDAY

### CHOOSE FROM

- Sri Lankan Sweet Potato and Coconut Curry with Mixed Rice
- Creamy Mac n Cheese
- Crispy Topped Hotpot

### UNLIMITED

- Garden Peas
- Sweetcorn
- Salad Selection
- Homemade Carrot and Coriander Bread

### DESSERTS

- Waffle Finger with Slice of Fresh Fruit and Custard
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

## ALLERGEN FRIENDLY TUESDAY (FDA)

### CHOOSE FROM

- Spiced Chickpea and Sweet Potato Pilaf
- Oven Baked Jacket Potato with Baked Beans
- Beef Bologaise with Pasta Spirals

### UNLIMITED

- Fresh Organic Carrots
- Green Beans
- Salad Selection
- Homemade Bread

### DESSERTS

- Raspberry and Coconut Pot
- Fresh Fruit Salad
- Seasonal Fresh Fruit

Milk will be available after lunch.

## ALLERGEN FRIENDLY WEDNESDAY (FDA)

### CHOOSE FROM

- Pasta Neapolitan
- Garden Vegetable Goujons with Skin On Fries
- Spicy Chicken served with Skin on Fries

### UNLIMITED

- Fresh Seasonal Broccoli
- Mixed Vegetables
- Salad Selection
- Homemade Bread

### DESSERTS

- Fruit Smoothie
- Fresh Fruit Salad
- Seasonal Fresh Fruit

Milk will be available after lunch.

## CLIMATE CHANGE THURSDAY

### CHOOSE FROM

- Smokey Jackfruit Jambalaya
- Chilli filled Yorkshire Pudding
- Oven Baked Jacket Potato with Baked Beans or Cheese

### UNLIMITED

- Sweetcorn
- Roasted Organic Carrots
- Salad Selection
- Rosemary and Cherry Tomato Focaccia

### DESSERTS

- Homemade Shortbread Biscuit with Orange Slice and Milk
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

## FUN FACT FRIDAY

### CHOOSE FROM

- Power Burger in a Bun with Oven Chipped Potatoes
- MSC Golden Crumb Fish Fingers or Bubble Crumb Salmon Fillet with Oven Chipped Potatoes
- Homemade Chicken Pie with Oven Chipped Potatoes

### UNLIMITED

- Baked Beans
- Garden Peas
- Salad Selection
- Homemade Bread

### DESSERTS

- Chocolate Sponge and Chocolate Sauce
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit

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WEEK 3



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Mindful Meals National School Meals Week 11th-15th November



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