

# WEEK 1

## Monday



**CHOOSE FROM**  
Planet Pizza   
Planet Pizza   
Jacket Potato  with a choice of fillings

**SIDES**  
Jacket Wedges

**UNLIMITED**  
Sweetcorn, Malted Garden Peas, Fresh Salad Selection, Homemade Garlic Bread

**DESSERT**  
Pineapple & Ice Cream  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Tuesday

**CHOOSE FROM**  
Mac N Cheese   
Meatballs in Tomato sauce  
Jacket Potato  with a choice of fillings

**SIDES**  
Wholemeal Spaghetti

**UNLIMITED**  
Mixed Vegetables, Broccoli, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Fruit Jelly Pot   
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Wednesday

**CHOOSE FROM**  
Sweet Potato Korma   
MSC Lemon Crumb Salmon Fillet with Lemon Twist  
Lemon & Garlic Chicken

**SIDES**  
Steamed Malted New Potatoes  
50/50 Rice

**UNLIMITED**  
Shredded Green Cabbage, Organic Carrots, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Lemon Drizzle Cake with Custard  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Thursday

**CHOOSE FROM**  
Jerk Chicken  
Five Bean Burrito   
Jacket Potato  with a choice of fillings

**SIDES**  
Rice and Peas

**UNLIMITED**  
Sweetcorn, Green Beans, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Peaches & Custard  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Friday

**CHOOSE FROM**  
Samosa   
MSC Fish Fingers  
Filled Baguettes

**SIDES**  
Oven Baked Chips

**UNLIMITED**  
Malted Garden Peas, Baked Beans, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Homemade Shortbread Biscuit with Wedge of Fresh Orange   
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

WEEK 1 COMMENCING: 19 April, 3 May, 17 May, 7 June, 21 June, 5 July, 19 July

# WEEK 2

## Monday



**CHOOSE FROM**  
Tomato & Vegetable Pasta Bake   
Bolognese   
Jacket Potato  with a choice of fillings

**SIDES**  
Wholemeal Spaghetti

**UNLIMITED**  
Sweetcorn, Green Beans, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Mixed Fruit Crumble  with Custard  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Tuesday

**CHOOSE FROM**  
Vegetable Sausage Toad in the Hole   
Chicken & Ginger Stir Fry with Noodles  
Jacket Potato  with a choice of fillings

**SIDES**  
Seasoned Jacket Wedges

**UNLIMITED**  
Broccoli, Organic Carrots, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Cheese & Crackers with Fresh Apple Slice  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Wednesday

**CHOOSE FROM**  
Chicken Biryani  
Homemade Cheddar & Sweetcorn Slice   
Jacket Potato with Baked Beans 

**SIDES**  
50/50 Mixed Rice

**UNLIMITED**  
Cauliflower, Garden Peas, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Fruit Salad  & Ice Cream  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Thursday

**CHOOSE FROM**  
Sausage & Spinach Curry   
Oven Roasted Sausages  
Jacket Potato  with a choice of fillings

**SIDES**  
Creamed Mashed Potato

**UNLIMITED**  
Sweetcorn, Mixed Vegetables, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Carrot Cake & Custard  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Friday

**CHOOSE FROM**  
Fish Fingers   
Homemade Falafel Filled Torpedo Roll   
Jacket Potato  with a choice of fillings

**SIDES**  
Oven Baked Chips

**UNLIMITED**  
Baked Beans, Garden Peas, Fresh Salad Selection, Homemade Bread

**DESSERT**  
Fruit Jelly Pot   
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

WEEK 2 COMMENCING: 26 April, 10 May, 24 May, 14 June, 28 June, 12 July

 Vegetarian Option  
 Vegan Option

*Committed to reducing sugar in our menus*

We are proud to have taken further steps to reduce the amount of sugar that children are eating whilst at school, which can lead to tooth decay and obesity. We have reduced the number of sugar based desserts and introduced cheese and crackers with apple every day.



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.