

Spring/Summer Menu 2024



ALLERGEN FRIENDLY MONDAY (FDA)

CHOOSE FROM

- Loaded Potato Skins with Sweetcorn & Mixed Peppers
- Ear Popping Sweetcorn Risotto
- Meatballs in a Spicy Tomato Sauce

SIDES

- Mixed Rice

UNLIMITED

- Fresh Carrots
- Garden Peas
- Salad Selection
- Homemade Bread

DESSERTS

- Caramelised Pineapple
- Fresh Fruit Salad
- Seasonal Fresh Fruit Platter

Milk will be available after lunch.

SAVE THE PLANET TUESDAY

CHOOSE FROM

- Tangy Tomato & Basil Pasta
- Cheese & Potato Puff
- Biryani

SIDES

- Skin On Baked Wedges
- Tangy Lemon Rice

UNLIMITED

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

DESSERTS

- Fresh Fruit & Ice Cream
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit Platter

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

- Shepherdess Pie with Gravy
- Jacket Potato with Baked Beans
- Chilli Con Carne

SIDES

- Italian Rice

UNLIMITED

- Spring Greens
- Mixed Vegetables
- Salad Selection
- Homemade Bread

DESSERTS

- Floating Mandarin Jelly
- Fresh Fruit Salad
- Seasonal Fresh Fruit Platter

Milk will be available after lunch.



FOREST ECO RANGER THURSDAY

CHOOSE FROM

- Planet Pizza Wedge
- Forest Pizza Wedge
- Jackfruit Pasta Bake

SIDES

- Coleslaw

UNLIMITED

- Sweetcorn
- Green Beans
- Salad Selection
- Homemade Bread

DESSERTS

- Banana Cake & Custard
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit Platter

Shrimps hearts are located in their heads.



FUN FACT FRIDAY

CHOOSE FROM

- Crushed Chick Pea & Sweetcorn Wrap
- MSC Golden Crumb Fish Fingers served with a Lemon Slice
- Spicy Chicken

SIDES

- Oven Baked Chips

UNLIMITED

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

DESSERTS

- Cheese & Crackers with Fresh Apple Slice
- Organic Fruit Yogurt with Seasonal Fresh Fruit
- Seasonal Fresh Fruit Platter

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 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.

APRIL					MAY					JUNE					JULY					SEPTEMBER					OCTOBER				
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
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8	9	10	11	12	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12	9	10	11	12	13	7	8	9	10	11
15	16	17	18	19	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19	16	17	18	19	20	14	15	16	17	18
22	23	24	25	26	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26	23	24	25	26	27	21	22	23	24	25
29	30	27	28	29	30	31	29	30	31	30	28	29	30	31															



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

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ALLERGEN FRIENDLY MONDAY (FDA)

CHOOSE FROM

Jollof Rice
 Jacket Potato with Baked Beans
 Beef Bolognaise

SIDES

Pasta

UNLIMITED

Sweetcorn
 Fresh Carrots
 Salad Selection
 Homemade Bread

DESSERTS

Melon Medley
 Fresh Fruit Salad
 Seasonal Fresh Fruit Platter

Milk will be available after lunch.

SAVE THE PLANET TUESDAY

CHOOSE FROM

Power Burger in a Bun
 Sizzling Stir Fry with Noodles
 Creamy Mac n Cheese

SIDES

Jacket Wedges

UNLIMITED

Fresh Seasonal Broccoli
 Mixed Vegetables
 Salad Selection
 Homemade Bread

DESSERTS

Chocolate Cracknel & Custard
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter



ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Spicy Tomato & Pepper Pasta
 Sweet Potato & Chickpea Curry
 Roasted Lemon & Garlic Chicken

SIDES

Roasted New Potatoes
 Mixed Rice

UNLIMITED

Garden Peas
 Roasted Cauliflower Florets
 Salad Selection
 Homemade Bread

DESSERTS

St Clements Jelly
 Fresh Fruit Salad
 Seasonal Fresh Fruit Platter

Milk will be available after lunch.



FOREST ECO RANGER THURSDAY

CHOOSE FROM

Smokey Jackfruit Jambalaya
 Cheese or Egg Salad Baguette
 Jacket Potato with Baked Beans or Cheese

SIDES

Potato Salad

UNLIMITED

Sweetcorn
 Spring Greens
 Salad Selection
 Homemade Bread

DESSERTS

Apple Crumble & Custard
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

Ants don't have lungs.



FUN FACT FRIDAY

CHOOSE FROM

Savoury Filled Samosa
 MSC Bubble Crumb Salmon Fillet / MSC Fish Fingers served with a Lemon Slice
 Herby Chicken

SIDES

Oven Baked Chips

UNLIMITED

Baked Beans
 Green Beans
 Salad Selection
 Homemade Bread

DESSERTS

Homemade Shortbread Biscuit with Wedge of Fresh Orange and Milk
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

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WEEK 2



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APRIL

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JUNE

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JULY

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SEPTEMBER

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OCTOBER

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WEEK 3

ALLERGEN FRIENDLY MONDAY (FDA)

CHOOSE FROM

- Tomato & Basil Pasta 🌱🌿
- Cowboy Casserole 🌱
- Chicken Biryani

SIDES

- Steamed New Potatoes 🌱

UNLIMITED

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

DESSERTS

- Iced Fruit Smoothie 🌱
- Fresh Fruit Salad 🌱
- Seasonal Fresh Fruit Platter 🌱

Milk 🌱🌿 will be available after lunch.

SAVE THE PLANET TUESDAY

CHOOSE FROM

- Sticky Tofu 🌱
- Ploughmans Lunch 🌱
- Jacket Potato 🌱 with Baked Beans 🌱 or Cheese 🌱

SIDES

- Tangy Lemon Mixed Rice 🌱

UNLIMITED

- Fresh Broccoli 🌱
- Sweetcorn 🌱
- Salad Selection 🌱
- Homemade Bread 🌱

DESSERTS

- Chocolate Brownie 🌱 and Custard 🌱🌿
- Organic Fruit Yogurt 🌱 with Seasonal Fresh Fruit 🌱
- Seasonal Fresh Fruit Platter 🌱

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

- Chickpea Tikka Masala 🌱
- Pulled BBQ Jackfruit with Smokey Cheese 🌱
- Piri Piri Chicken

SIDES

- Spicy Potato Wedges 🌱
- Mixed Rice 🌱

UNLIMITED

- Fresh Seasonal Cabbage 🌱
- Mixed Vegetables 🌱
- Salad Selection 🌱
- Homemade Bread 🌱

DESSERTS

- Fruit Jelly 🌱
- Fresh Fruit Salad 🌱
- Seasonal Fresh Fruit Platter 🌱

Milk 🌱🌿 will be available after lunch.

FOREST ECO RANGER THURSDAY

CHOOSE FROM

- Pasta Arrabiata 🌱
- Homemade Cheese & Sweetcorn Quiche 🌱
- Jacket Potato 🌱 with Coleslaw 🌱 or Baked Beans 🌱

SIDES

- Roasted New Potatoes 🌱

UNLIMITED

- Minted Garden Peas 🌱
- Fresh Carrots 🌱
- Salad Selection 🌱
- Homemade Bread 🌱

DESSERTS

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

Bees can fly higher than Mount Everest.



FUN FACT FRIDAY

CHOOSE FROM

- Forest Fajita 🌱
- MSC Golden Crumb Fish Fingers 🌱 served with a Lemon Slice
- 60/40 Beef Burger 🌱 in a Floured Bun 🌱 with Tomato Relish 🌱

SIDES

- Oven Baked Chips 🌱

UNLIMITED

- Baked Beans 🌱
- Sweetcorn Coblets 🌱
- Salad Selection 🌱
- Homemade Bread 🌱

DESSERTS

- Arctic Roll 🌱 with Fruit Slice 🌱
- Ice Cream 🌱
- Organic Fruit Yogurt 🌱 with Seasonal Fresh Fruit 🌱
- Seasonal Fresh Fruit Platter 🌱

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