

## Secondary Autumn Winter Menu 2023-24

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Sticky Tofu with Rice (ve)	Vegetable Biryani (ve)	Jackfruit Jambalaya (ve)	Pasta Arrabiatta (ve)	Tex Mex (ve) with Chipped Potatoes
Main CHOICE 2	Vegetable Stir Fry with Ginger & Garlic (v) with noodles	Jerk Power Sausage with Spicy Jacket Wedges(v)	Cheese & Sweetcorn Quiche (v) with Rosemary Roast Potatoes	Thai Katsu Curry (v) with Tangy Lemon Rice	Catch of the Day with a Lemon Twist and Chipped Potatoes
Main Choice 3/Super Bowl	Creamy Mac 'n' Cheese	Sausages & Onions with Creamy Mashed Potato & Gravy	Cottage Pie & Gravy	BBQ Chicken with Flavoured rice	MSC Golden Crumb Fish Fingers with Chipped Potatoes
JACKET POTATO	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
PASTA POTS	Pasta King	Pasta King	Pasta King	Pasta King	Pasta King
VEGETABLES	Fresh Seasonal Broccoli Mixed Vegetables	Green Beans Roasted Seasonal Vegetables	Sweetcorn Fresh Seasonal Green Cabbage	Minted Garden Peas Fresh Seasonal Organic Carrots	Stir Fried Courgettes Baked Beans
SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS	Chocolate Cracknel and Chocolate Sauce	Marble Sponge and Custard	Lemon Drizzle Cake and Custard	Carrot Cake & Custard	Fruity Flapjack
FRESH FRUIT / YOGURT	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub
SANDWICH SELECTION	A selection of Sandwiches, Baguettes, Wraps and Paninis	A selection of Sandwiches, Baguettes, Wraps and Paninis	A selection of Sandwiches, Baguettes, Wraps and Paninis	A selection of Sandwiches, Baguettes, Wraps and Paninis	A selection of Sandwiches, Baguettes, Wraps and Paninis
WATER AND FRUIT DRINKS	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water

All cakes, pastry and pizza bases are freshly made using organic flour  
 N.B. 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  
 VE Vegan

Main Meal & Dessert £2.56, Main Meal & Water £2.56, Main Meal Only £2.20, Dessert Only £1, Friday Only Portion of Chips £1.25

## Secondary School Autumn Menu 2023-24

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Roasted Mediterranean Vegetable Tagliatelle (ve)	Soft Sub Roll with Vegan Balls and Mariana Sauce (ve)	Forest Fajita (ve) with Jacket Wedges	Spiced Bangkok Noodles (ve)	Pulled Smokey Jackfruit Burger with Chpped Potatoes (ve)
MAIN CHOICE 2	Sweet & Sour Vegetables with Mixed Rice (v)	Creamy Vegetable Pasta Bake (v)	Cheese & Onion Puff (v) with Jacket Wedges	Quorn Sausage Jambalya (v)	MSC Golden Crumb Fish Fingers & Chipped Potatoes
MAIN CHOICE 3	Firecracker Pizza (v)	Savoury Beef Bolognese with Wholewheat Spaghetti	Beef Curry with Mixed Rice	Jerk Chicken with Rice & Peas	MSC Catch of the Day with Tartare Sauce with Chipped Potatoes
JACKET POTATO	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
PASTA POT	Pasta King	Pasta King	Pasta King	Pasta King	Pasta King
UNLIMITED VEGETABLES	Fresh Seasonal Organic Carrots Minted Garden Peas	Fresh Seasonal Broccoli Sweetcorn	Fresh Seasonal Roasted Root Vegetables	Fresh Seasonal Cabbage Mixed Vegetables	Minted Garden Peas Baked Beans
UNLIMITED SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS	Rice Pudding with Winter Berries (v)	Banana Cake and Custard (v)	Apple Crumble and Custard (v)(ve)	Chocolate Cake with Custard Sauce (v)	Iced Lemon & Lime Courgette Cake (ve)
SANDWICH SELECTION	Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps/Panini	Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps/Panini	Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps/Panini	Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps/Panini	Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps/Panini
FRESH FRUIT / YOGURT	Fresh Fruit / Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit / Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit / Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit / Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit / Fruit Pots/Organic Fruit Yogurt/Ice Cream tub
WATER AND FRUIT DRINKS	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p
All cakes, pastry and pizza bases are freshly made using organic flour N.B. 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 <a href="http://www.walthamforest.gov.uk/schoolmeals">www.walthamforest.gov.uk/schoolmeals</a> or at the school VE Vegan				Main Meal & Dessert £2.56, Main Meal & Water £2.56, Main Meal Only £2.20, Dessert Only £1, Friday Only Portion of Chips £1.25	

## Secondary School Autumn/Winter Menu week 3 2023-24

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY GRAB n GO
MAIN CHOICE 1	Jollof Rice (ve)	Mediterranean Pasta Bake (ve)	Three Bean Chilli with Avocado Salsa and Mixed Rice (ve) Tomato & Spinach Pilaf (v)	Sri Lankan Sweet Potato & Coconut Curry (ve) served with Savoury Rice (ve)	Spicy Vegetable Quesdilla (ve) with Chipped Potatoes (ve)
MAIN CHOICE 2	Sweet Chilli Noodle Pot (v)	Bubble Crumb Salmon Fillet with Jacket Wedges		Cheese & Pepper Frittata (v) with Jacket Wedges	MSC Catch of the Day with Oven Baked Chipped Potatoes
HOT BOX /MAIN CHOICE 3	Margarita Pizza with Garlic Bread (v)	Chilli Con Carne with Nachos served with Mixed Rice	Chicken Korma with Mixed Rice	Southern Fried Chicken Burger with Jacket Wedges	MSC Fish Fingers & Chips
JACKET POTATO	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)
PASTA POT	Pasta King	Pasta King	Pasta King	Pasta King	Pasta King
UNLIMITED VEGETABLES	Fresh Organic Carrots (ve) Green Beans (ve)	Fresh Seasonal Broccoli (ve) Sweetcorn	Sweetcorn Coblettes (ve) Mixed vegetables (ve)	Roasted Seasonal Root Vegetables	Minted Garden Peas (ve) Baked Beans (ve)
UNLIMITED SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS	Chocolate Brownie (ve) with Ice Cream (v) (ve)	Pineapple Upside Down Cake & Custard (v)	Coconut Jelly (ve) Ginger Cake & Custard (v)		Lemon Cheesecake (v)
Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps
FRESH FRUIT / YOGURT	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub
WATER AND FRUIT DRINKS	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water
All cakes, pastry and pizza bases are freshly made using organic flour N.B. 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 <a href="http://www.walthamforest.gov.uk/schoolmeals">www.walthamforest.gov.uk/schoolmeals</a> or at the school VE Vegan					