



Spring/Summer Menu 2025



Save the Planet MONDAY



CHOOSE FROM

Classic Tomato and Basil Pasta
Homemade Samosa Swirls
with Skin on Baked Wedges
Biryani

UNLIMITED

Sweetcorn Coblets
Seasonal Fresh Broccoli

DESSERTS

Cheese and Crackers with
Fresh Apple Slice

Allergen Friendly TUESDAY FDA

CHOOSE FROM

Vegetable Curry with Mixed
Rice
Jacket Potato with Baked
Beans
Cottage Pie Served with
Gravy

UNLIMITED

Fresh Carrots
Garden Peas

DESSERTS

Tropical Melon Slices

DRINKS

Soya Milk or Milk

Allergen Friendly WEDNESDAY FDA

CHOOSE FROM

Jollof Rice
Spring Vegetable Pasta Bake

Chicken Shawarma with
Mixed Rice

UNLIMITED

Spring Greens
Mixed Vegetables

DESSERTS

Fresh Fruit Salad

DRINKS

Soya Milk or Milk

Forest Eco Ranger THURSDAY



CHOOSE FROM

Pulled BBQ Jackfruit
Baguette
Cheese and Sweetcorn
Quiche with Herby Diced
Potatoes
Jacket Potato with Baked
Beans Coleslaw or
Cheese

UNLIMITED

Sweetcorn
Green Beans

DESSERTS

Yogurt Bar with Fruit
Compote



Fun Fact FRIDAY

CHOOSE FROM

Crushed Chickpea and
Sweetcorn Wrap
MSC Golden Crumb Fish
Fingers served with a
Lemon Slice with Oven
Chipped Potatoes
Herby Chicken with
Oven Chipped Potatoes

UNLIMITED

Baked Beans
Minted Garden Peas

DESSERTS

Chocolate Cracknel and
Custard

Buzz
Lightyear's
original
name was
Lunar Larry

Bats are the
only flying
mammals

WEEK 1

WEEK 2

CHOOSE FROM

Power Burger in a Bun
with Spicy Jacket Wedges
Sizzling Stir Fry with Egg
Noodles
Creamy Mac n Cheese

UNLIMITED

Fresh Carrots
Sweetcorn

DESSERTS

Yogurt Bar with Fruit
Compote

CHOOSE FROM

Gluten Free Margherita Pizza
 served with Herby Diced
Potatoes
Jacket Potato with Baked
Beans and Cheese
Meatball Pasta Bake

UNLIMITED

Green Beans
Fresh Broccoli

DESSERTS

Water Melon Slice

DRINKS

Soya Milk or Milk

CHOOSE FROM

Spicy Tomato and Pepper
Pasta
Baked Countryside Cutlet
with Rosemary Roast
Potatoes
Roasted Lemon and Garlic
Chicken with Rosemary Roast
Potatoes

UNLIMITED

Mixed Vegetables
Spring Greens

DESSERTS

Fresh Fruit Salad

DRINKS

Soya Milk or Milk

CHOOSE FROM

Sticky Tofu with Mixed Rice

Cheese Salad Baguette
Jacket Potato with Baked
Beans or Cheese

UNLIMITED

Sweetcorn
Fresh Carrots

DESSERTS

Yogurt Bar with Fruit
Compote

CHOOSE FROM

Roasted Vegetable
and Sweet Potato Burrito
MSC Bubble Crumb Salmon
Fillet or MSC Golden
Crumb Fish Fingers with
Oven Chipped Potatoes
Homemade Chicken and
Sweetcorn Pie with Oven
Chipped Potatoes

UNLIMITED

Baked Beans
Minted Garden Peas

DESSERTS

Waffle Finger , Fruit Slice
and Vanilla Ice Cream

WEEK 3

CHOOSE FROM

Vegetable Supreme Pizza
with Italian Diced Potatoes
Sunshine Pizza with Italian
Diced Potatoes
Minted Crispy Fishless Finger
Wrap

UNLIMITED

Mixed Vegetables
Green Beans

DESSERTS

Yogurt Bar with Fruit
Compote

CHOOSE FROM

Tangy Tomato and Basil Pasta

Jacket Potato with Baked
Beans
Chicken Curry with Mixed
Rice

UNLIMITED

Fresh Carrots
Sweetcorn

DESSERTS

Iced Fruit Smoothie

DRINKS

Soya Milk or Milk

CHOOSE FROM

Chickpea Tikka Masala with
Mixed Rice
Country Garden Goujons
with Crushed New Potatoes

Beef Bolognese with Pasta
Spirals

UNLIMITED

Fresh Broccoli
Mixed Vegetables

DESSERTS

Fresh Fruit Platter

DRINKS

Soya Milk or Milk

CHOOSE FROM

Crispy Nuggets with Jacket
Wedges
Spinach and Ricotta Tortellini
in a Creamy Tomato Sauce
Jacket Potato with
Coleslaw or Baked Beans

UNLIMITED

Minted Garden Peas
Fresh Carrots

DESSERTS

Cheese and Crackers with
Fresh Apple Slice

CHOOSE FROM

Forest Fajita
MSC Golden Crumb Fish
Fingers served with a
Lemon Slice with Oven
Chipped Potatoes
60/40 Beef Burger in
a Floured Bun with Oven
Chipped Potatoes

UNLIMITED

Baked Beans
Sweetcorn Coblets

DESSERTS

Banana Sponge and
Custard

A mile is
5,280 feet
long

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. Homemade bread, a selection of salads and fresh fruit available daily. Dairy and organic fruit yogurt is available on non-allergen friendly days.



EAT THE
RAINBOW



Be a Forest Eco
Ranger and help
support climate
action by choosing
at least one plant
based dish a week.

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
1	2	3	4					1	2	2	3	4	5	6	1	2	3	4		1	2	3	4	5		1	2	3	
7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	6	7	8	9	10	13	14	15	16	17
14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18	15	16	17	18	19	20	21	22	23	24
21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25	22	23	24	25	26	20	21	22	23	24
28	29	30			26	27	28	29	30	30					28	29	30	31		29	30				27	28	29	30	31

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.

