

Spring/Summer Menu 2023



MONDAY



CHOOSE FROM

Crunchy Carrot Curry
Bubble Crumb Salmon Fillet
Beef Lasagne

SIDES

Indian Style Rice
Creamy Mashed Potato

UNLIMITED

Sweetcorn
Garden Peas
Salad Selection
Homemade Bread

DESSERTS

Peaches & Custard
Organic Fruit Yogurt with
Seasonal Fresh Fruit
Seasonal Fresh Fruit Platter

SAVE THE PLANET TUESDAY

CHOOSE FROM

Planet Pizza Wedge
Forest Pizza Slice
Jacket Potato with
Various Fillings

SIDES

Skin On Baked Wedges

UNLIMITED

Mixed Vegetables
Seasonal Fresh Broccoli
Salad Selection
Homemade Bread

DESSERTS

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

ALLERGEN FREE WEDNESDAY

CHOOSE FROM

Stuffed Pepper
Spiced Chickpea & Sweet Potato
Pilaf
Homemade Meatballs

SIDES

Italian Rice

UNLIMITED

Roasted Organic Carrots with
Thyme
Green Beans
Salad Selection
Homemade Bread

DESSERTS

Fruity Jelly Pot
Fresh Fruit Salad
Seasonal Fresh Fruit Platter

Milk will be
available after lunch.



CLIMATE CHANGE THURSDAY

CHOOSE FROM

George Tomlinson School Favourite
Pasta Shells in a Creamy Roasted
Tomato Sauce
Homemade Cheese & Pepper
Quiche
Jacket Potato with
Various Fillings

SIDES

Steamed New Potatoes

UNLIMITED

Sweetcorn
Courgettes
Salad Selection
Homemade Bread

DESSERTS

Carrot Cake & Custard
Organic Fruit Yogurt with
Seasonal Fresh Fruit
Seasonal Fresh Fruit Platter

FRIDAY

CHOOSE FROM

Sweet Potato Wrap
MSC Fish Fingers
Sticky Chicken

SIDES

Oven Baked Chips

UNLIMITED

Baked Beans
Minted Garden Peas
Salad Selection
Homemade Bread

DESSERTS

Pineapple & Ice Cream or
Homemade Vegan Ice Cream
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 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.

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free



APRIL					MAY					JUNE					JULY					AUGUST					SEPTEMBER					OCTOBER								
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Spring/Summer Menu 2023



MONDAY



SAVE THE PLANET TUESDAY

ALLERGEN FREE WEDNESDAY



CLIMATE CHANGE THURSDAY



FRIDAY



CHOOSE FROM

Sri Lankan Sweet Potato & Coconut Curry
 Jacket Potato with Various Fillings
 Beef Bolognese

SIDES

Wholewheat Spaghetti
 Mixed Rice

UNLIMITED

Sweetcorn
 Green Beans
 Salad Selection
 Homemade Bread

DESSERTS

Mixed Fruit Crumble with Custard
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

CHOOSE FROM

Smokey Jackfruit Jambalaya
 Tomato & Basil Pasta
 Homemade Cheese & Vegetable Puff

SIDES

Jacket Wedges

UNLIMITED

Fresh Seasonal Broccoli
 Mixed Vegetables
 Salad Selection
 Homemade Bread

DESSERTS

Fruity Flapjack
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

CHOOSE FROM

Jollof Rice
 Butternut Squash, Carrot & Chickpea Tagine
 Roasted Lemon Chicken

SIDES

Roasted New Potatoes
 Spicy Lemon Rice

UNLIMITED

Garden Peas
 Roasted Cauliflower Florets
 Salad Selection
 Homemade Bread

DESSERTS

Coconut Jelly
 Fresh Fruit Salad
 Seasonal Fresh Fruit Platter

Milk will be available after lunch.

CHOOSE FROM

Rosemary & Garlic Tofu
 Mac n Cheese
 Jacket Potato with Various Fillings

SIDES

Savoury Rice

UNLIMITED

Sweetcorn
 Spring Greens
 Salad Selection
 Homemade Bread

DESSERTS

Carrot Cookie & Milk
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

CHOOSE FROM

Crushed Chick Pea & Sweetcorn Wrap
 MSC Golden Crumb Fish Fingers
 60/40 Burger in a Floured Bun

SIDES

Oven Baked Chips

UNLIMITED

Baked Beans
 Grilled Tomatoes
 Salad Selection
 Homemade Bread

DESSERTS

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

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WEEK 2



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Spring/Summer Menu 2023



SAVE THE PLANET TUESDAY

ALLERGEN FREE WEDNESDAY

CLIMATE CHANGE THURSDAY

FRIDAY



WEEK 3

MONDAY

CHOOSE FROM

Pasta Arrabiata
 Jacket Potato with Various Fillings
 Chilli Beef Enchilladas

SIDES

Spicy Jacket Potato Wedges

UNLIMITED

Green Beans
 Fresh Organic Carrots
 Salad Selection
 Homemade Bread

DESSERTS

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

CHOOSE FROM

Pulled Jackfruit Wraps
 Cheese & Potato Pinwheels
 Bolognese

SIDES

Wholewheat Spaghetti
 Roasted New Potatoes

UNLIMITED

Minted Garden Peas
 Sweetcorn
 Salad Selection
 Homemade Bread

DESSERTS

Mint & Lime Cookie with Milk
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

CHOOSE FROM

Chickpea Tikka Masala
 Roasted Pepper & Chickpea Risotto
 Piri Piri Chicken

SIDES

Coconut Rice

UNLIMITED

Mixed Vegetables
 Seasonal Fresh Cabbage
 Salad Selection
 Homemade Bread

DESSERTS

Iced Fruit Smoothie
 Fresh Fruit Salad
 Seasonal Fresh Fruit Platter

Milk will be available after lunch.

CHOOSE FROM

Smokey Cheese & Tomato Pasta
 Sizzling Stir Fry with Garlic & Ginger

Jacket Potato with Various Fillings

SIDES

Noodles

UNLIMITED

Fresh Seasonal Broccoli
 Sweetcorn Cobbettes
 Salad Selection
 Homemade Bread

DESSERTS

Chocolate Brownie with Custard
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit Platter

CHOOSE FROM

Sticky Tofu
 MSC Golden Crumb Fish Fingers
 Chicken Zinger Wrap

SIDES

Oven Baked Chips
 Lime & Coriander Infused Rice

UNLIMITED

Baked Beans
 Fresh Organic Carrots
 Salad Selection
 Homemade Bread

DESSERTS

Summer Fruit Crunch Pot
 Organic Fruit Yogurt with Seasonal Fresh Fruit
 Seasonal Fresh Fruit

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