



Waltham Forest Catering Summer Term Primary Menu

Weeks starting: 1st June, 21st June, 12th July 2010



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Cajun Chicken Wrap	Lamb and Vegetable Pie	Moroccan Lamb Tagine	Lemon and Garlic Chicken	Sausages and Caramelised Onions
Vegetarian Choice	Sunshine Pizza	Tomato and Basil Oven Bake	Sweetcorn and Pepper Quiche	Vegetable and Chickpea Curry	Broccoli and Pepper Fusili
Alternative Choice				Curried Goat	Baked Breaded Salmon Fillet
Sides	Bread Italian Potatoes	* Warm Bread Gratin Potatoes	* Crusty Bread Spicy Lemon Couscous New Potatoes	* Crusty Bread Rice Sauté Potatoes	* Crusty Bread Chipped Potatoes
Vegetables	Garden Peas Sweetcorn	Fresh Seasonal Broccoli Roasted Butternut Squash	Glazed Summer Carrots Green Beans	Summer Cabbage Mixed Vegetables	Baked Beans Summer Carrots & Garden Peas
Seasonal Salad election	Five Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection
Desserts	Peach slices with Custard Fruit Yoghurt Seasonal Fruit Salad	Chocolate Brownie and Chilled Milk Banana Custard Seasonal Fresh Fruit Platter	Lemon Sponge and Custard Pineapple Rings with Custard Seasonal Fresh Fruit Platter	Chocolate Pudding and Chocolate Sauce Fruit Yoghurt Seasonal Fresh Fruit Platter	Fruit Crumble with Custard Homemade Biscuit and Chilled Milk Seasonal Fresh Fruit Platter



* Homemade bread will accompany all meals N.B. Halal meat choices are provided in agreement with the school. Meat supplied is certified to HFA standard.



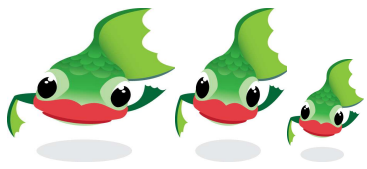
Waltham Forest Catering Summer Term Primary Menu

Week Starting 7th June, 28th June, 19th July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Mild Chilli Con Carne	Fresh Chicken Escallops	Roast Beef and Yorkshire Pudding or Roast Turkey	Meatballs in Tomato Sauce	Chicken Chow Mien with Hoi Sin Sauce
Vegetarian Choice	Macaroni Cheese	Frittata	Spicy Spinach Bake	Jacket Potato and Tuna Mayo or Baked Beans	Tomato Pasta Bake
Alternative Choice			Breaded Fish Fillets		Homemade Fishcakes
Sides	* Warm Bread Rice	* Crusty Bread Italian Potatoes	* Warm Bread Roast Potatoes	* Garlic and Herb Bread Pasta Shapes	* Crusty Bread Rice Boiled Potatoes
Vegetables	Fresh Seasonal Broccoli Mixed vegetables	Garden Peas & Sweetcorn Baked Beans	Glazed Spring Carrots Summer Seasonal Cabbage	Green Beans Fresh Tomatoes Halves Baked Beans	Garden Peas Glazed Spring Carrots
Seasonal Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection
Desserts	Carrot Cake & Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	Apple and Rhubarb Crumble & Custard Peach Slices and Custard Seasonal Fresh Fruit Platter	Chocolate Cracknel and Custard Sauce Fruit Yoghurt Seasonal Fresh Fruit Platter	Seasonal Fruit Trifle Fruit Yoghurt Seasonal Fresh Fruit Platter	Mandarin Oranges and Ice Cream Fruit Yogurt Seasonal Fresh Fruit Platter



* Homemade bread will accompany all meals N.B. Halal meat choices are provided in agreement with the school. Meat supplied is certified to HFA standard.



Waltham Forest Catering Summer Term Primary Menu



Weeks starting: 14th June, 5th July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Spaghetti Bolognaise	Jerk Chicken	Homemade Beef Burgers	Shepherds Pie	Deep Fried Crispy Fillet of Cod with Lemon Slice
Vegetarian Choice	Carrot and Cheese Slice	Cheese Flan	Butter Bean Moussaka	Country Roasted Vegetable Pie	Spicy Tomato and Vegetable Pasta
Alternative Choice			Salmon Nuggets		Fish Fingers
Sides	* Crusty Garlic Bread	* Garlic Bread Rice and Peas New Potatoes	* Warm Bread Jacket Wedges	* Crusty Bread Creamy Mashed Potato	* Garlic and Herb Bread Chipped Potatoes
Vegetables	Fresh Spring Glazed Carrots Mixed Vegetables	Sweetcorn Green Beans	Seasonal Fresh Broccoli Fresh Tomato Halves Baked Beans	Glazed Spring Carrots Summer Seasonal Cabbage	Garden Peas Sweetcorn
Salad selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection	Three Fresh Salads from Salad Selection
Desserts	Pear and Chocolate Sponge with Custard Fruit Yoghurt Seasonal Fruit Salad	Strawberries and Ice Cream Shortbread Biscuit Seasonal Fresh Fruit Platter	Summer Apricot Slice and Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	Apple Eves Pudding and Custard Pineapple Rings Seasonal Fresh Fruit Platter	Bananas with Custard Iced Bun Fruit Yoghurt Seasonal Fresh Fruit Platter

*Homemade bread will accompany all meals

N.B. Halal meat choices are provided in agreement with the school. Meat supplied is certified to HfA standard



