



# WEEK 1

## Monday

### CHOOSE FROM

Tomato & Basil Pasta   
Chilli Con Carne  
Jacket Potato with a choice of fillings 


### SIDES

Mixed Rice

### UNLIMITED

Sweetcorn, Mixed Vegetables, Fresh Salad Selection, Homemade Garlic Bread




### DESSERT

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

## Tuesday



### CHOOSE FROM

Planet Pizza Wedge   
Planet Pizza Wedge   
Thai Style Jasmine Rice 


### SIDES

Warm Pasta Salad

### UNLIMITED



Minted Garden Peas, Roasted Organic Carrots, Fresh Salad Selection, Garlic & Herb Bread

### DESSERT

Sticky Chocolate Brownie & Banana Nice Cream   
Fresh Fruit Salad  
Seasonal Fresh Fruit

## Wednesday

### CHOOSE FROM

Smokey Sausage & Mushroom Goulash   
60/40 Beef Burger in Floured Bun  
Homemade Bean & Lentil Burger in a Floured Bun 

### SIDES

Oven Baked Skin-On Wedges  
Mixed Rice

### UNLIMITED



Fresh Seasonal Broccoli, Sweetcorn Coblets, Fresh Salad Selection, Homemade Bread

### DESSERT

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

## Thursday

### CHOOSE FROM

Homemade Chicken and Sweetcorn Pie & Gravy  
Spicy Singapore Noodles   
Squash & Spinach Curry 

### SIDES

Steamed Parsley Potatoes  
Mixed Rice

### UNLIMITED



Green Beans, Fresh Seasonal Green Cabbage, Fresh Salad Selection, Rosemary and Cherry Tomato Focaccia

### DESSERT

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

## Friday

### CHOOSE FROM

"Coppermill School Favourite" Mac n Cheese with a Twist   
MSC Golden Crumb Fish Fingers  
Spicy Mexican Bean Burrito 

### SIDES

Oven Baked Chips

### UNLIMITED

Baked Beans, Minted Garden Peas, Fresh Salad Selection, Homemade Bread

### DESSERT

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

**WEEK 1 COMMENCING:** 31 October, 14 November, 28 November, 12 December, 9 January, 23 January, 6 February, 27 February, 13 March, 27 March

# WEEK 2

## Monday

### CHOOSE FROM

Jackfruit Jambalaya   
Oven Roasted Vegetable Sausage with Caramelised Onions & Gravy   
Oven Roasted Chicken Sausage with Caramelised Onions & Gravy

### SIDES

Creamy Mashed Potato

### UNLIMITED

Fresh Seasonal Organic Carrots, Green Beans, Fresh Salad Selection, Homemade Bread




### DESSERT

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

## Tuesday



### CHOOSE FROM

"Riverley School Favourite" Buttered No Chicken  (Cauliflower)  
Spicy Tomato & Vegetable Pasta Bake   
Jacket Potato with a choice of fillings 

### SIDES

Savoury Mixed Rice

### UNLIMITED

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

### DESSERT

Fruity Flapjack   
Fresh Fruit Salad  
Seasonal Fresh Fruit

## Wednesday

### CHOOSE FROM

Jerk Chicken  
Homemade Cheddar Cheese & Pepper Quiche   
Sweet Potato & Chickpea Curry 

### SIDES

Rice & Peas  
Saute Potatoes

### UNLIMITED

Garden Peas, Mixed Vegetables, Fresh Salad Selection, Homemade Bread

### DESSERT

Fruit Jelly Pot   
Organic Fruit Yogurt with Seasonal Fresh Fruit  
Seasonal Fresh Fruit

## Thursday

### CHOOSE FROM

Sticky Tofu   
Roasted Vegetable Biryani   
Beef Bolognaise

### SIDES

Mixed Rice  
Pasta Spirals

### UNLIMITED


Sweetcorn, Fresh Seasonal Roasted Parsnip, Fresh Salad Selection, Homemade Bread

### DESSERT

Cheese & Crackers  
Organic Fruit Yogurt with Seasonal Fresh Fruit  
Seasonal Fresh Fruit

## Friday

### CHOOSE FROM

MSC Golden Crumb Fish Fingers  
Smokey Cheese & Cherry Tomato Pasta   
MSC Lemon Crumb Salmon Fillet

### SIDES

Oven Baked Chips



### UNLIMITED

Baked Beans, Grilled Tomatoes, Fresh Salad Selection, Homemade Tomato Bread

### DESSERT

Iced Lemon & Lime Courgette Muffin   
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

**WEEK 2 COMMENCING:** 7 November, 21 November, 5 December, 2 January, 16 January, 30 January, 20 February, 6 March, 20 March

 Vegetarian Option  
 Vegan Option

Helping to support climate action

Become a Forest Eco Ranger and choose one of our delicious plant based dishes.



We are working to reduce sugar content of our desserts in line with current healthy living advice.



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](http://www.walthamforest.gov.uk/schoolmeals) or at the school.