

Autumn/Winter 2025/2026



Eco Forest Ranger MONDAY

CHOOSE FROM

Margherita Pizza 🍕🌱🌱 with Jacket Wedges 🌱
Vegetable Supreme Pizza 🍕🌱 with Jacket Wedges 🌱
Oven Baked Jacket Potato with Baked Beans 🌱 or Cheese 🌱

SIDES

Minted Garden Peas 🌱
Sweetcorn 🌱
Salad Selection 🌱
Homemade Garlic Bread 🌱

DESSERTS

Yogurt Bar 🌱 with Fruit Compote 🌱
Cheese & Crackers 🌱 with Fresh Apple Slice 🌱
Seasonal Fresh Fruit 🌱

Allergen Friendly TUESDAY FDA

CHOOSE FROM

Jollof Rice 🌱
Chilli Con Carne with Mixed Rice
Oven Baked Jacket Potato with Baked Beans 🌱 or Coleslaw 🌱

SIDES

Roasted Organic Carrots 🌱
Green Beans 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Creamy Rice Pudding 🌱 with a Fruit Compote 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

Allergen Friendly WEDNESDAY FDA

CHOOSE FROM

Baked Countryside Cutlet with Rosemary Roast Potatoes and Gravy 🌱
Roast Chicken with Rosemary Roast Potatoes and Gravy
Oven Baked Jacket Potato with Baked Beans 🌱 or Coleslaw 🌱

SIDES

Mixed Vegetables 🌱
Fresh Green Cabbage 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

St Clements Jelly 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

Tasty THURSDAY

CHOOSE FROM

Classic Tomato & Basil Pasta 🌱
Beef Lasagne
Oven Baked Jacket Potato with Baked Beans 🌱, Cheese 🌱 or Tuna

SIDES

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

DESSERTS

Yogurt Bar 🌱 with Fruit Compote 🌱
Cheese & Crackers 🌱 with Fresh Apple Slice 🌱
Seasonal Fresh Fruit 🌱

Fun Fact FRIDAY

CHOOSE FROM

Crushed Chickpea & Sweetcorn Wrap 🌱
MSC Golden Crumb Fish Fingers 🌱 with Oven Chipped Potatoes 🌱
Oven Baked Jacket Potato with Baked Beans 🌱, Cheese 🌱 or Tuna

SIDES

Baked Beans 🌱
Minted Garden Peas 🌱
Salad Selection 🌱
Homemade Tomato Bread 🌱

DESSERTS

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

PUMPKINS
ARE BERRIES

WEEK 1

WEEK 2

WEEK 3

CHOOSE FROM

Crispy Nuggets with Spicy Diced Potatoes 🌱
Homemade Cheddar Cheese & Sweetcorn Quiche 🌱 with Spicy Diced Potatoes 🌱
Oven Baked Jacket Potato with Baked Beans 🌱 or Cheese 🌱

SIDES

Fresh Seasonal Broccoli 🌱
Sweetcorn 🌱
Salad Selection 🌱
Homemade Wholemeal Bread 🌱

DESSERTS

Yogurt Bar 🌱 with Fruit Compote 🌱
Cheese & Crackers 🌱 with Fresh Apple Slice 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Tangy Tomato & Pepper Pasta 🍝🌱
Spicy Meatballs in a Creamy Tomato Sauce with Italian Rice
Oven Baked Jacket Potato with Baked Beans 🌱 or Coleslaw 🌱

SIDES

Fresh Organic Carrots 🌱
Green Beans 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Fruit Smoothie 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Power Sausage with Roasted Potatoes and Gravy 🌱
Spicy Chicken with Roasted Potatoes
Oven Baked Jacket Potato with Baked Beans 🌱 or Coleslaw 🌱

SIDES

Rainbow Roasted Veggies 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Fruit Jelly Pot 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Roasted Vegetable Biryani 🍛🌱
Burger 🍔 in a Floured Bun 🌱 with Oven Baked Jacket Wedges 🌱
Oven Baked Jacket Potato with Baked Beans 🌱, Cheese 🌱 or Tuna

SIDES

Fresh Seasonal Broccoli 🌱
Mixed Vegetables 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Yogurt Bar 🌱 with Fruit Compote 🌱
Cheese & Crackers 🌱 with Fresh Apple Slice 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Roasted Vegetable & Sweet Potato Burrito 🌱 with Oven Chipped Potatoes 🌱
MSC Golden Crumb Fish Fingers 🌱 with a Lemon Twist with Oven Chipped Potatoes 🌱
Oven Baked Jacket Potato with Baked Beans 🌱, Cheese 🌱 or Tuna

SIDES

Baked Beans 🌱
Sweetcorn 🌱
Salad Selection 🌱
Homemade Garlic & Rosemary Focaccia 🌱

DESSERTS

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

CRANBERRIES
CAN BOUNCE

CHOOSE FROM

Fishless Fish Finger Wrap & Waffle Fries 🌱
Creamy Mac n Cheese 🌱
Oven Baked Jacket Potato with Baked Beans 🌱 or Cheese 🌱

SIDES

Garden Peas 🌱
Sweetcorn 🌱
Salad Selection 🌱
Homemade Carrot & Coriander Bread 🌱

DESSERTS

Yogurt Bar 🌱 with Fruit Compote 🌱
Cheese & Crackers 🌱 with Fresh Apple Slice 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Spiced Chick Pea & Sweet Potato Pilaf 🌱
Chicken Curry with Mixed Rice
Oven Baked Jacket Potato with Baked Beans 🌱 or Coleslaw 🌱

SIDES

Green Beans 🌱
Fresh Seasonal Carrots 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Raspberry & Coconut Jelly Pot 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Pasta Neapolitan 🍝🌱
Beef Bolognaise with Pasta Spirals 🍝
Oven Baked Jacket Potato with Baked Beans 🌱 or Coleslaw 🌱

SIDES

Fresh Seasonal Broccoli 🌱
Mixed Vegetables 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Fruit Smoothie 🌱
Fresh Fruit Salad 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Warm BBQ Pulled Jackfruit Baguette 🌱
Sizzling Chicken Stir Fry with Garlic and Ginger served with Noodles
Oven Baked Jacket Potato with Baked Beans 🌱, Cheese 🌱 or Tuna

SIDES

Sweetcorn 🌱
Roasted Organic Carrots 🌱
Salad Selection 🌱
Rosemary & Cherry Tomato Focaccia 🌱

DESSERTS

Pineapple Upside Down Cake 🌱 and Custard 🌱
Organic Fruit Yogurt 🌱 with Seasonal Fresh Fruit 🌱
Seasonal Fresh Fruit 🌱

CHOOSE FROM

Power Burger in a Bun 🌱 with Oven Chipped Potatoes 🌱
MSC Golden Crumb Fish Fingers 🌱 or Bubble Crumb Salmon Fillet 🌱 with Oven Chipped Potatoes 🌱
Oven Baked Jacket Potato with Baked Beans 🌱, Cheese 🌱 or Tuna

SIDES

Baked Beans 🌱
Garden Peas 🌱
Salad Selection 🌱
Homemade Bread 🌱

DESSERTS

Waffle Finger 🌱 with Slice of Fresh Fruit 🌱 and Ice Cream 🌱
Organic Fruit Yogurt 🌱 with Seasonal Fresh Fruit 🌱
Seasonal Fresh Fruit 🌱

YOU CAN EAT
THE SEEDS OF
A KIWI

NOTE: Fresh bread and unlimited vegetables and salad available daily.

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.

NOVEMBER

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

DECEMBER

M	T	W	T	F
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6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

JANUARY

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

FEBRUARY

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

MARCH

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



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



EAT THE
RAINBOW

🌱 Vegan and planet-friendly
🌱 Vegetarian
🍷 Gluten Free
🥛 Dairy Free
FDA Free from the 14
deklarable allergens

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 Halal certified (or equivalent). Information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school.