

# WEEK 1

## Monday



### CHOOSE FROM

Planet Pizza 🌱  
Planet Pizza 🌱  
Emmanuel School Favourite Smoky Cheese & Cherry Tomato Pasta 🌱

### SIDES

Garlic Bread

### UNLIMITED

Sweetcorn, Minted Garden Peas, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

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

## Tuesday

### CHOOSE FROM

Vegetable Biryani 🌱  
Homemade Chicken & Sweetcorn Pie with Gravy  
Jacket Potato with a choice of fillings 🌱

### SIDES

Parsley Steamed Potatoes

### UNLIMITED

Mixed Vegetables, Fresh Seasonal Organic Carrots, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

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

## Wednesday

### CHOOSE FROM

Honey Roast Chicken & Gravy  
Tomato & Basil Pasta 🌱  
MSC Lemon Crumb Salmon Fillet

### SIDES

Crispy Rosemary Roast Potatoes

### UNLIMITED

Fresh Seasonal Broccoli, Fresh Seasonal Cauliflower, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

Chocolate Cracknel with Chocolate Sauce  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Thursday

### CHOOSE FROM

Butternut Squash, Carrot & Chick Pea Tagine 🌱  
Beef Lasagne  
Jacket Potato with a choice of fillings 🌱

### SIDES

50/50 Mixed Rice

### UNLIMITED

Sweetcorn, Green Beans, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

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

## Friday

### CHOOSE FROM

MSC Golden Crumb Fish Fingers  
Homemade Cheese & Broccoli Quiche 🌱  
Deep Fried Homemade Battered Fish Fillet

### SIDES

Oven Baked Chips

### UNLIMITED

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

### DESSERT

Rice Pudding with a Fruit Compote  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

**WEEK 1 COMMENCING:** 1 November, 15 November, 29 November, 13 December, 10 January 2022, 24 January, 7 February, 28 February, 14 March, 28 March

# WEEK 2

## Monday



### CHOOSE FROM

Tomato & Vegetable Pasta Bake 🌱  
Creamy Korma 🌱  
Jacket Potato with a choice of fillings 🌱

### SIDES

50/50 Mixed Rice

### UNLIMITED

Sweetcorn, Green Beans, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

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

## Tuesday

### CHOOSE FROM

Oven Baked Sausages served with Caramelised Onions & Gravy  
Quorn Sausage served with Caramelised Onions & Gravy 🌱  
Ear Popping Pea Risotto 🌱

### SIDES

Creamy Mashed Potato

### UNLIMITED

Fresh Seasonal Broccoli, Fresh Seasonal Organic Carrots, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

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

## Wednesday

### CHOOSE FROM

Mac n Cheese 🌱  
Sweet & Sour Chicken  
Jacket Potato with a choice of fillings 🌱

### SIDES

Spicy Lemon Cous Cous

### UNLIMITED

Fresh Seasonal Cabbage, Fresh Seasonal Organic Carrots, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

Fruit Jelly  
Organic Fruit Yogurt with Fresh Fruit  
Seasonal Fresh Fruit

## Thursday

### CHOOSE FROM

Homemade Jamaican Patties 🌱  
Chilli Con Carne  
Sizzling Chinese Stir Fry with Noodles 🌱

### SIDES

50/50 Mixed Rice

### UNLIMITED

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

### DESSERT

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

## Friday

### CHOOSE FROM

MSC Golden Crumb Fish Fingers  
Forest Fajita 🌱  
Tuna Pasta Bake

### SIDES

Oven Baked Chips

### UNLIMITED

Baked Beans, Sweetcorn, Fresh Salad Bar Selection, Homemade Bread

### DESSERT

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

**WEEK 2 COMMENCING:** 8 November, 22 November, 6 December, 3 January 2022, 17 January, 31 January, 21 February, 7 March, 21 March

🌱 Vegetarian Option  
🌱 Vegan Option

## Helping to support climate action

Why not try one of our delicious plant based dishes.

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.