

ISLINGTON AUTUMN/WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 30 Aug 20 Sep 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan	Option 1 Spaghetti Bolognaise	Turkey Stir Fry	Roast Chicken, Skin on Potatoes & Gravy	Chickpea Aloo Curry with 50/50 Rice	Battered Fish & Chips
	Option 2 Vegetable Bolognaise	Stir Fry Vegetables & Beans with Noodles	Puff Pastry Cheese & Potato Whirl	Jollof Rice & Quorn Vegetarian Chefs Special	Bean Burger with Chips
	Vegetables & Salad Roasted Winter Vegetables Mixed Bean Salad	Green Beans Sweetcorn Grated Carrot Salad	Carrots Broccoli Green Bean Salad	Cauliflower Peppers Mixed Leaf Salad	Baked Beans Steamed Peas Rainbow Slaw
Dessert Apple Rice Pudding (50% Fruit) Yoghurt / Fresh Fruit	Chocolate & Beetroot Brownie Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Peach Crumble with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	
WEEK TWO 6 Sep 27 Sep 18 Oct 15 Nov 6 Dec 10 Jan 31 Jan	Option 1 Cheese & Tomato Pizza	Chicken Curry with 50/50 Rice	Traditional Beef Stew with Steamed Potatoes	Chicken Paella	Cod & Salmon Fish Cake with Chips
	Option 2 Peppers & Bean Frittata	Sweet & Sour Butter Beans with 50/50 Rice	Chickpea Casserole	Mexican Wraps & Rice	Vegetable Wellington
	Vegetables & Salad Sweetcorn Broccoli Tomato Penne Salad	Roasted Courgettes Peppers Coleslaw	Swede Steamed Peas Sweet Potato Salad	Cauliflower Carrots Roasted Veg Salad	Baked Beans Green Beans Couscous Salad
Dessert Bananas & Chocolate Sauce Yoghurt / Fresh Fruit	Blackberry & Apple Crumble with Custard Yoghurt / Fresh Fruit	Grapes, Cream Cheese & Oaty Biscuits Yoghurt / Fresh Fruit	Carrot Cake Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	
WEEK THREE 13 Sep 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 7 Feb	Option 1 Macaroni Cheese	Cottage Pie	Roast Turkey, Stuffing Skin on Potatoes, Gravy	Jamaican Jerk Chicken with 50/50 Rice	Breaded Fish & Chips
	Option 2 Smokey Bean Chili with 50/50 Rice	Lentil Shepherdess Pie	Lentil & Chickpea Loaf, with Skin On Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice	Mixed Pepper Quiche
	Vegetables & Salad Roasted Carrots Sliced Green Beans Beetroot, Orange Salad	Green Beans Sweetcorn Apple & Raisin Salads	Braised Red Cabbage Carrots Green Bean Power	Broccoli Cauliflower Tabbouleh Salad	Baked Beans Steamed Peas BBQ Noodle Salad
Dessert Sticky Toffee Apple Crumble with Custard Yoghurt / Fresh Fruit	Pear & Chocolate Upside Down Cake with Chocolate Sauce Yoghurt / Fresh Fruit	Melon, Breadsticks & Cheese Yoghurt / Fresh Fruit	Sultana Flapjack Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where appropriate)
- Baked freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance, you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.