

Islington Autumn -
Winter Menu

WEEK ONE

W/C

3rd November
24th November
15th December
19th January
9th February
9th March

MONDAY

Planet Friendly Day

Option one

Homemade Beetroot
and Lentil Burger in a
Bun (VE) with Potato
Wedges (VE)

Option two

Autumn Harvest
Lasagne (V)

Vegetables

Broccoli (VE)
Carrots (VE)

Dessert

Apple and Raisin
Flapjack (VE)

TUESDAY

Planet Friendly Balls in
Tomato Sauce with
Rice (VE)

Hearty Beef and Lentil
Bolognese with
Spaghetti
Green Beans (VE)
Cauliflower (VE)

NEW Apple Crumb
Cake with Custard
(V)

WEDNESDAY

Lentil Wellington with
Roast Potatoes and
Gravy (VE)

Roast Chicken with
Stuffing, Roasted
Potatoes and
Gravy

Peas (VE)
Red Cabbage (VE)

Yoghurt (V) with
Pumpkin Seeds and
Fresh Fruit

THURSDAY

Saucy Tomato and Bean
Pasta Bake (VE)

NEW Chicken Biryani
with Turmeric Bread

Butternut Squash (VE)
Roasted Peppers (VE)

Strawberry Jelly with
Mandarins (VE)

FRIDAY

Red Pepper Frittata
with Chips & Tomato
Sauce (V)

Fishfingers with Chips &
Tomato Sauce

Peas (VE)
Sweetcorn (VE)
Yoghurt (V) with Sunflower
Seeds and Fresh Fruit

WEEK TWO

W/C

10th November
1st December
5th January
26th January
23rd February
16th March

NEW Chefs Special Lentil
Curry with Rice and
Homemade Flatbread
(VE)

Hearty Spaghetti
Bolognese (VE)

Green Beans (VE)
Cauliflower (VE)

Peach Upside Down
Cake (V)

Classic Cheese and
Tomato Pizza
with Wedges (V)

Chicken and Sweetcorn
Meatballs in Tomato
Sauce with Rice

Carrots (VE)
Sweetcorn (VE)

Chocolate and Banana
Oaty Square (VE)

BBQ Quorn with
Seasoned Potatoes and
Sweetcorn Salsa (VE)

BBQ Chicken with
Seasoned Potatoes and
Sweetcorn Salsa

Broccoli (VE)
Peas (VE)

Yoghurt (V) with Sunflower
Seeds and Fresh Fruit

Creamy Chickpea
and Coconut Curry
with Rice (VE) Mash
and Gravy (VE)

Beef Lasagne with
Garlic Bread

Leeks (VE)
Courgettes (VE)

Sticky Toffee Apple
Crumble (VE) with
Custard (V)

Lentil and Basil Whirl
(VE) with Wedges (VE)

Fishfingers with Chips &
Tomato Sauce

Peas (VE)
Baked Beans (VE)

Yoghurt (V) with Pumpkin
Seeds and Fresh Fruit

WEEK THREE

W/C

17th November
8th December
12th January
2nd February
2nd March
23rd March

Option one

Mild Mexican Chilli with
Rice (VE)

Option two

Macaroni
Cheese and Tomato and
Herb Bread (V)

Vegetables

Baked Beans (VE)
Peas (VE)

Dessert

Yoghurt (V) with Sunflower
Seeds and Fresh Fruit

Cheese and Bean
Pasty with Wedges (V)

NEW Chicken 50%
Enchilada Bake with
Paprika Wedges
Sweetcorn (VE)
Broccoli (VE)

Pear Crumble
with Custard (V)

Sausage and Roast
Potatoes and Gravy
(VE)

Mild Caribbean
Chicken with Golden
Rice

Green Beans (VE)
Cauliflower (VE)

Yoghurt (V) and
Fresh Fruit

Caribbean Stew with Golden
Rice (VE)

Minced Beef
Cottage Pie

Carrots (VE)
Peppers (VE)

Wholemeal Orange and
Cinnamon Shortbread (VE)

Tomato and Butterbean
Pasta (VE)

Salmon Fishfingers / Pollock
Fishfingers with New
Potatoes

Coleslaw (VE)
Peas (VE)

Chocolate and Apple
Sponge and Chocolate
Sauce (V)

MENU KEY



Added Plant Protein



Planet Friendly
Option



Local Red Tractor Meat

Vegan (VE)

(V) Vegetarian

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods 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.



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