







## Islington Autumn Menu 2022

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday
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<b>Week One</b>	Option 1	Spaghetti Bolognese	Turkey & Chickpea Curry with Rice	Roast Chicken, Skin on Potatoes and Gravy	BBQ Chicken with 50/50 Rice 	Battered Fish and Chips
	Option 2	Vegetable Bolognese  	Creamy Vegetable Pie	Vegetable Wellington 	Jollof Rice & Quorn	Bean Burger with Chips 
	Vegetables and 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	Mixed Berries Rice Pudding (50% Fruit)	Apple Pie	Cheese and Crackers	Peaches with Custard 	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b>	Option 1	Cheese and Tomato Pasta 	Chicken Tikka Curry with 50/50 Rice 	Beef Cottage Pie	Chicken Paella	Salmon Fish Cake and Wedges
	Option 2	Peppers & Bean Frittata with Wedges	Sweet & Sour Butter beans with 50/50 Rice  	Chickpea & Vegetable Hot Pot 	Vegetable Enchilada's	Puff Pastry Cheese & Pepper Whirl
	Vegetables and 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	Apple Pie	Fruit Jelly	Cheese and Crackers	Flapjack	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b>	Option 1	Macaroni Cheese	Jamaican Jerk Chicken with 50/50 Rice 	Roast Turkey, Stuffing Skin on Potatoes, Gravy	Beef Chilli con Carne with Rice	Breaded Fish and Chips
	Option 2	Five Bean Chilli with 50/50 Rice  	Lentil Shepherdess Pie  	Lentil & Chickpea Loaf, with Skin On Roast Potatoes, Gravy	Lentil and Sweet Potato Curry with Rice  	Mixed Vegetable Tortilla Stack
	Vegetables and Salad	Roasted Carrots Sliced Green Beans Beetroot ,Orange Salad	Green Beans Sweetcorn Apple and Raisin Salad	Braised Red Cabbage Carrots Green Bean Power	Broccoli Cauliflower Tabbouleh Salad	Baked Beans Steamed Peas BBQ Noodle Salad
	Dessert	Apple & Raisin Strudel	Fruit Jelly	Cheese and Crackers	Flapjack	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						

### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread 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.