






Islington Spring Menu 2023

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday
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Week One

w/c
2/1/23,
23/1/23,
6/3/23,
27/3/23

Option 1	Cheese and Tomato Pasta Bake	BBQ Chicken & 50/50 Rice	Minced Beef Cottage Pie topped with sliced Potato	Chicken Chow Mein with Noodles	Salmon Fish Fingers and Chips
Option 2	Vegetable Tagine with Couscous 	Roasted Cauliflower Curry with 50/50 Rice 	Macaroni Cheese	Quorn Jollof Rice	Glamorgan Bean Sausages and Chips 
Vegetables and Salad 	Cauliflower Green Beans Rainbow Slaw	Broccoli Sweetcorn Mixed Bean Salad	Carrots Cabbage Green Bean Salad	Green Beans Peppers Mixed Leaf Salad 	Steamed Peas Baked Beans Potato Salad
Dessert	Rice Pudding with Mixed Berries Compote	Mandarin Cheesecake	Apple, Cheese and Oaty Biscuit 	Banana Loaf 	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two

w/c
9/1/23,
30/1/23,
20/2/23,
13/3/23,

Option 1	Lentil & Sweet Potato Curry with Rice	Beef Lasagne	Roast Chicken, skin on Roast Potatoes & Gravy	Chicken Sausage & potato wedges	Fish Battered and Chips
Option 2	Broccoli Pasta Bake  	Vegetable & Bean Fajitas with 50/50 Rice	Vegetarian Wellington with Skin on Roast Potatoes 	Vegetable Spaghetti Bolognese	Quorn Pasta Bake
Vegetables and Salad 	Roasted Tomatoes Broccoli Coleslaw	Sweetcorn Courgettes Sweet Potato Power 	Cauliflower Carrots Couscous Salad	Red Cabbage Green Beans Roasted Veg Power 	Steamed Peas Baked Beans Tomato Penne Salad
Dessert	Eves Pudding with Custard	Fruit Jelly	Melon, cheese & Crackers	Flapjack	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Three

w/c
16/1/23,
6/2/23,
27/2/23,
20/3/23,

Option 1	Sweet & Sour butterbeans with 50/50 Rice 	Chicken Tagine with Couscous	Roast Turkey & Stuffing with Skin on Potatoes & Gravy	Beef Chilli & Beans with Rice 	Fish Fingers and Chips
Option 2	Vegetarian Tortilla Stack with 50/50 Rice 	Spicy Bean Burger with Jacket Wedges 	Jollof Rice, Quorn & Beans 	Lentil & Sweet Potato Curry with Rice	Vegetable Enchiladas and Chips
Vegetables and Salads 	Peppers Sliced Beans Green Bean Power 	Sweetcorn and Peas Mixed Apple and Raisin Salad	Leeks Roasted Carrots Beetroot and Orange	Broccoli Cauliflower Grated Carrot Salad 	Steamed Peas Baked Beans Tabbouleh 
Dessert	Rice Pudding with Mixed Berries Compote	Apple and Raisin Strudel with Custard	Pineapple, Cream 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.