Islington
Autumn - Winter
2026-27 Menu

	MONDAY Planet Friendly Day	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE W/C 2nd November 23rd November 14th December 18th January 8th February 8th March					
Option one	Macaroni Cheese (V)	Vegetable Tagine with Rice (VE)	Lentil Wellington with Roast Potatoes & Gravy (VE)	Spicy Bean & Tomato Pasta Bake (VE)	Red Pepper Frittata with Chips (V)
Option two	Autumn Harvest Lasagne (V)	Hearty Beef & Lentil Bolognaise with Spaghetti	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Chicken Tikka Masala with Turmeric Bread	Battered Fish with Chips
Vegetables	Broccoli (VE) Carrots(VE)	Green Beans (VE) Cauliflower (VE)	Cabbage (VE) Sweetcorn (VE)	Butternut Squash (VE) Cauliflower (VE)	Peas (VE) Baked Beans (VE)
Dessert	Apple & Raisin Flapjack (VE)	Apple Crumble Cake with Custard (V)	Yoghurt (V) and Fresh Fruit – (VE)	Strawberry Jelly with Mandarins (VE)	Yoghurt (V) and Fresh Fruit – (VE)
WEEK TWO W/C 9th November 30th November 4th January 25th January 22nd February 15th March					
Option one	**NEW** Chefs Special Lentil Curry with Rice (VE)	Lentil & Basil Whirl with Potato Wedges (V)	Lentil and Roasted Vegetable Pasta (VE)	Creamy Chickpea & Coconut Curry with Rice (VE)	Saucy Tomato & Butterbean Pasta (VE)
Option two	Classic Cheese & Tomato Pizza (V)	Chicken & Sweetcorn Meatballs in Tomato Sauce with Rice	BBQ Chicken with Seasoned Potatoes & Sweetcorn Salsa	Beef Lasagne with Garlic Bread	Battered Fish or Fishfingers with Chips
Vegetables	Green Beans (VE) Cauliflower (VE)	Carrots (VE) Sweetcorn (VE)	Broccoli (VE) Peas (VE)	Carrots (VE) Courgettes (VE)	Peas (VE) Baked Beans (VE)
Dessert	Peach Upside Down Cake (V) with Custard (V)	Chocolate & Banana Oaty Square (VE)	Yoghurt (V) and Fresh Fruit – (VE)	Sticky Toffee Apple Crumble (VE) with Custard (V)	Yoghurt (V) and Fresh Fruit – (VE)
WEEK THREE W/C 16th November 7th December 11th January 1st February 1st March 22nd March					
Option one	Mild Mexican Chilli with Rice (VE)	Hearty Spaghetti Bolognaise (VE)	Planet Friendly Sausage & Roast Potatoes with Gravy (VE)	 Vegetable Stew with Golden Rice (VE)	Cheese & Bean Pasty with Chips (V)
Option two	Macaroni Cheese (V)	Chicken Enchilada Bake with Paprika Potato Wedges	Mild Caribbean Chicken with Roast Potatoes	Minced Beef Cottage Pie	Fishfingers with Chips
Vegetables	Sweetcorn (VE) Peas VE)	Carrots (VE) Broccoli (VE)	Green Beans (VE) Cauliflower (VE)	Carrots (VE) Butternut Squash (VE)	Baked Beans (VE) Peas (VE)
Dessert	Yoghurt (V) and Fresh Fruit (VE)	Pear Crumble with Custard (V)	Yoghurt (V) and Fresh Fruit (VE)	Wholemeal Orange & Cinnamon Shortbread(VE)	Chocolate & Apple Sponge with Chocolate Sauce (V)

MENU KEY

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.

SCHOOL PLATES

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