

# Islington Spring Menu 2020



## Monday









## Tuesday

## Wednesday

## Thursday

## Friday






### Week One

Option 1	Plant based Chicken Tikka Masala 50/50 Rice 	Baked Sausage with Mash & Gravy	Roast Chicken Sage & Onion Stuffing, Skin on Roast Potatoes Gravy 	Soya Bolognaise 	Salmon Fishfingers with Oven Chips
Option 2	Lentil and Sweet Potato Curry with 50/50 Rice 	Vegetarian Sausages, With Mash & Gravy 	Vegetable Wellington Skin on Roast Potatoes Gravy 	Macaroni Cheese	Mixed Bean and Lentil Burger Oven Chips 
Vegetables	Sweetcorn Broccoli Florets	Fresh Cauliflower Sliced Green Beans	Fresh Carrots Savoy Cabbage	Roasted Chunky Courgette Cut Green Beans	Baked Beans Garden Peas
Dessert	Plum and Vanilla Crumble & Custard Yoghurt or Fresh Fruit 	Peach Upside Down Cake Yoghurt or Fresh Fruit	Apple, Cheese and Crackers Yoghurt or Fresh Fruit	Apple Strudel & Custard Yoghurt or Fresh Fruit	Fresh Fruit and Yoghurt Station

### Week Two

Option 1	Cheese and Tomato Pizza Potato Salad on Salad bar 	Chicken Plait Tomato Salsa Couscous	Roast Beef Skin on Roast Potatoes Gravy 	Mexican Beef with Rice 	Breaded MSC Fish Oven Chips
Option 2	Chickpea Curry with 50/50 Rice 	Vegetable and Apricot Tagine with Couscous 	Quorn Roast Fillet with Skin on Roast Potatoes and Gravy	Tomato and Vegetable Pasta 	Cheese Frittata Oven Chips
Vegetables	Sweetcorn Roasted Chunky Fresh Peppers and Aubergines	Garden Peas Cauliflower Florets	Fresh Carrots Sliced Green Beans	Sweetcorn Fresh Broccoli	Baked Beans Peas
Dessert	Oaty Pear Crumble and Custard Yoghurt or Fresh Fruit 	Slice of Lemon & Courgette Cake Yoghurt or Fresh Fruit	Grapes, Cheese and Crackers Yoghurt or Fresh Fruit	Poached Pears & Custard Yoghurt or Fresh Fruit	Fresh Fruit and Yoghurt Station

### Week Three

Option 1	Cheese and Beef Pizza with Cajun Potato Wedges  	Vegan Sausage Roll 50/50 Rice 	Roast Turkey Skin on Roast Potatoes and Gravy	Chicken Stir Fry with Noodles	Fish in Batter Oven Chips
Option 2	Mexican Beans with Cajun Potato Wedges 	Vegetable Hotpot with 50/50 Rice 	Courgette & Potato stack Skin on Roast Potatoes	Vegetarian Stir Fry with Noodles	Vegetable Enchiladas
Vegetables	Sweetcorn Fresh Broccoli	Sliced Fresh Carrots Garden Peas	Swede Mash Red Cabbage	Cut Green Beans Fresh Cauliflower	Baked Beans Garden Peas
Dessert	Rice Pudding with Fruit Compote Yoghurt Fresh Fruit	Apple Sponge with Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

#### Available Daily:

Fresh Milk  
- 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.