ISLINGTON AUTUMN WINTER MENU 2026 / 2027

caterlink
feeding the imagination

		MONDAY	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 and Gravy (VE)	Saucy Tomato and Bean Pasta Bake (VE)	Red Pepper Frittata with Chips & Homemade Tomato Sauce (V)
	Option Two	Autumn Harvest Lasagne (V)	Hearty Beef and Lentil Bolognaise with Spaghetti	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Chicken Tikka Masala with Rice and Turmeric Bread	Battered Fish with Chips & Homemade Tomato Sauce
	Sides	Broccoli (vE) Carrots (VE)	Green Beans (VE) Cauliflower (VE)	Sweetcorn (VE) Green Cabbage (VE)	Butternut Squash (VE) Cauliflower (VE)	Peas (VE) Bake Beans (VE)
	Dessert	Apple and Raisin Flapjack (VE)	Apple Crumb Cake with Custard (V)	Yoghurt (V) Fresh Fruit – Platter (VE)	Strawberry Jelly with Mandarins (VE)	Yoghurt (V) Fresh Fruit – Salad (VE)
WEEK TWO W/C 9th November 30th November 4th January 25th January 22nd February 15th March	Option One	Tuna Pasta Bake	Lentil and Basil Whirl (VE) with Wedges(VE)	Lentil and Roasted Vegetable Pasta (VE)	Creamy Chickpea and Coconut Curry with Rice (VE)	Tomato Butterbean Pasta (VE)
	Option Two	Classic Cheese and Tomato Pizza with Wedges (V)	Chicken & Sweetcorn Meatballs in Tomato Sauce with Rice	BBQ Chicken with Seasoned Potatoes & Sweetcorn Salsa	Beef Lasagne with Garlic Bread	Breaded Fish or Fishfingers with Chips & Homemade Tomato Sauce
	Sides	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 and Banana Oaty Square (VE)	Yoghurt (V) Fresh Fruit – Platter (VE)	Sticky Toffee Apple Crumble (VE) with Custard (V)	Yoghurt (V) Fresh Fruit – Salad (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 and Roast Potatoes and Gravy (VE)	Caribbean Stew with Golden Rice (VE)	Cheese and Bean Pasty with Chips (V)
	Option Two	Macaroni Cheese (V)	Chicken Enchilada Bake with Paprika Wedges	Mild Caribbean Chicken with Roast Potatoes	Minced Beef Cottage Pie	Fishfingers with Chips & Homemade Tomato Sauce
	Sides	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) with Fresh Fruit – Platter (VE)	Pear Crumble with Custard (V)	Yoghurt (V) and Fresh Fruit - Platter(VE)	Wholemeal Orange and Cinnamon Shortbread (VE)	Chocolate and Apple Sponge and Chocolate Sauce (V)

MENU KEY:

- Whole grain
- Plant based
- Added plant protein
- **(VE)** Vegan
- **(V)** Veggie

AVAILABLE DAILY: Jacket Potatoes with a choice of fillings (V/ VE), Salad Bar (V/ VE), Freshly Baked Bread (V/VE), Fresh Fruit (VE), Yoghurt (V)

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 allergen cross contact.