

Islington Spring-Summer Menu


WEEK ONE

W/C 21st April
12th May
9th June
30th June
21st July
1st September
22nd September
13th October

MONDAY 
Planet Friendly Day

Option one Caribbean Butterbean Stew (VE) with Rice and Peas (VE)

Option two BBQ Quorn (VE) with New Potatoes (VE)

Vegetables  Broccoli (VE)
Sweetcorn (VE)

Dessert Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit

TUESDAY

Creamy Chickpea and Coconut Curry (VE) with 50/50 Wholemeal Rice

 Chef James' Chicken Jollof Rice

Butternut Squash (VE)
Green Beans (VE)

Seeded Apple Flapjack (VE) 

WEDNESDAY

Soya Mince Cottage Pie (VE) with Gravy (VE)

 Roast Chicken with Stuffing, Roasted Potatoes and Gravy

Peas (VE)
Cabbage (VE)

Wholemeal Peach Carrot Cake (V) with Custard (VE) 

THURSDAY

Creamy Cheese and Butterbean Macaroni (V) with Garlic and Herb Bread (VE)

 Beef Lasagne with Garlic Herb Bread 

Cauliflower (VE)
Roasted Peppers (VE)

Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit

FRIDAY

Homemade Beetroot and Lentil Burger (VE) with Chips (VE)

Wholemeal Tuna Pasta Bake with Tomato and Herb Bread

Carrots (VE)
Peas (VE)

Strawberry Jelly with Peaches and Mandarins (VE) 

WEEK TWO

W/C 28th April
19th May
16th June
7th July
8th September
29th September
20th October

Option one Vegetable Bean Couscous (VE) with Sweetcorn Bread (VE)

Option two Soya Mince Mexican Chilli (VE) with 50/50 Wholemeal Rice (VE)

Vegetables  Sweetcorn (VE)
Cauliflower (VE)

Dessert Peach and Strawberry Crumble (VE) 

Chickpea and Vegetable Biryani (VE)

 Hearty Beef Lentil Bolognese with Wholemeal Penne 

Carrots (VE)
Courgettes (VE)

Yoghurt (V) or Vegan Custard (VE) and Fresh Fruit


Quorn and Bean Fajitas (VE) with Mexican Rice (VE)

 Roast Turkey, Stuffing, Mashed Potatoes and Gravy

 Cauliflower (VE)
Green Beans (VE)

Mandarin Sponge Cake (VE) 

Beetroot, Butternut Squash and Lentil Wellington

 Mash and Gravy (VE)
Caribbean Spiced Chicken with Rice and Peas

Broccoli (VE)
Red Cabbage (VE)

Yoghurt (V) or Vegan Custard (VE) Sunflower Seeds and Fresh Fruit

Wholemeal Cheese Tomato Quiche (V) with Chips (VE)

Breaded Fish with Chips and Tomato Sauce

Peas (VE)
Baked Beans (VE)

Lemon Shortbread (VE) 

WEEK THREE

W/C 5th May
2nd June
23rd June
14th July
15th September
6th October


Option one Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice

Option two Tomato, Lentil, Roasted Vegetable Wholemeal Penne Pasta (VE)

Vegetables  Baked Beans (VE)
Broccoli (VE)

Dessert  Savoury Vegan Sheese and Courgette Scone (VE)

Turkish Vegan Soya Kofta with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)

 Beef Burger with Sweet Potato Salad

Carrots (VE)
Peppers (VE)

Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit

Rainbow Pizza Slices (V) with Pasta Salad (VE)

 Chicken Tikka Masala with 50/50 Wholemeal Rice

Peas (VE)
Cauliflower (VE)

Apple & Pear Crumble (VE) with Custard (V) 

Chinese Vegetable Noodles (V)

 Peri-Peri Chicken with Chips, Sweetcorn Salsa

Sweetcorn (VE)
Carrots (VE)

Pineapple Upside Down Cake (V) 






Lentil and Basil Whirl (VE) with Chips (VE)

 Salmon Fishfingers / Pollock Fishfingers with New Potatoes

Coleslaw (VE)
Green Beans (VE)

Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit

MENU KEY

 Added Plant Protein  Planet Friendly Option  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.

