




# Islington Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

**CERTIFIED SUSTAINABLE SEAFOOD MSC**  
www.msc.org  
**Marine Stewardship Council**  
Chair of Custody  
Reg Code: MML-C1009

## Monday

## Tuesday

## Wednesday

## Thursday

### Week One

Option 1	Spaghetti Bolognese	Turkey Stir Fry	Roast Chicken, Skin on Potatoes and Gravy	Chickpea Aloo Curry with 50/50 Rice	Battered Fish and Chips
Option 2	Vegetable Bolognese	Stir Fry Vegetables & Beans with Noodles	Puff Pastry Cheese & Potato Whirl	Jollof Rice & Quorn Vegetarian – Chefs Special	Bean Burger with Chips
Vegetables and Salad	Roasted Winter Vegetables Mixed Bean Salad	Green Beans Sweetcorn Grated Carrot Salad	Carrots Broccoli Green Bean Salad	Cauliflower Peppers Mixed Leaf Salad	Baked Beans Steamed Peas Rainbow Slaw
Dessert	Apple Rice Pudding (50% Fruit)	Chocolate and Beetroot Brownie	Apple, Cheese and Crackers	Peach Crumble with Custard	Yoghurt and Fresh Fruit Station

Or a choice of Yoghurt & Fresh Fruit available daily

### Week Two

Option 1	Cheese and Tomato Pizza	Chicken Curry with 50/50 Rice	Traditional Beef Stew with Steamed Potatoes	Chicken Paella	Cod & Salmon Fish Cake and Chips
Option 2	Peppers & Bean Frittata	Sweet & Sour Butter beans with 50/50 Rice	Chickpea Casserole	Mexican Wraps and Rice	Vegetable Wellington
Vegetables and Salad	Sweetcorn Broccoli Tomato Penne Salad	Roasted Courgettes Peppers Coleslaw	Swede Steamed Peas Sweet Potato Salad	Cauliflower Carrots Roasted Veg Salad	Baked Beans Green Beans Couscous Salad
Dessert	Bananas and Chocolate Sauce	Blackberry and Apple Crumble with Custard	Grapes, Cream Cheese and Oaty Biscuits	Carrot Cake	Yoghurt and Fresh Fruit Station

Or a choice of Yoghurt & Fresh Fruit available daily

### Week Three

Option 1	Macaroni Cheese	Cottage Pie	Roast Turkey, Stuffing Skin on Potatoes, Gravy	Jamaican Jerk Chicken with 50/50 Rice	Breaded Fish and Chips
Option 2	Smokey Bean Chilli with 50/50 Rice	Lentil Shepherdess Pie	Lentil & Chickpea Loaf, with Skin On Roast Potatoes, Gravy	Lentil and Sweet Potato Curry with 50/50 Rice	Mixed Pepper Quiche
Vegetables and Salad	Roasted Carrots Sliced Green Beans Beetroot, Orange Salad	Green Beans Sweetcorn Apple and Raisin Salad	Braised Red Cabbage Carrots Green Bean Power	Broccoli Cauliflower Tabbouleh Salad	Baked Beans Steamed Peas BBQ Noodle Salad
Dessert	Sticky Toffee Apple Crumble with Custard	Pear and Chocolate Upside Down Cake with Chocolate Sauce	Melon, Breadsticks and Cheese	Sultana 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.