Islington Spring/ TUESDAY WEDNESDAY THURSDAY **MONDAY** FRINAY **ST MARKS** Summer Menu **WEEK ONE** Roast Turkey, New Soya Spaghetti Bolognaise Fishfingers and Chips Chicken and Red Option one Lasaane and Garlica Potatoes and Gravy Pepper Pizza Bread Cheese whirls with New Roasted Cauliflower Curry W/C Cheese and Tomato Arrabiata Tomato Option two Vegetable Enchiladas with **Potatoes** with 50/50 Rice Quiche with Chips 17 April Pasta Rice 8 May 5 June Green Beans Peas sweetcorn Carrots Vegetables Sweetcorn 26 June Baked Beans cabbage Courgettes Cauliflower Broccoli 17 July 18 September Mixed Fruit Crumble with Yoghurt and Dessert Cheese and Crackers Apple & Raisin Peaches and Ice Cream Custard Fresh Fruit Station 9 October Yoahurt Flapjack Fresh Fruit **WEEK TWO** Spicy Chicken Minced Beef Cheese and Tomato Solmon Fishcakes with Potato Beef Tortilla Stack with50/50 Rice Pizza Pasta Bake Option one With Rice Wedges W/C Vegetable Lasagne with Jollof Rice with Quorn Quorn Pasta Bake Red Pepper and Cheese Vegetable and Bean Fajitas Garlic Bread 24 April Option two Frittata with Chips with 50/50 Rice 16 May 12 June Sweetcorn Mixed Broccoli and Carrots Peas **Roast Tomatoes** Vegetables Green Beans 3 July Cauliflower Florets Peas Red Cabbage Baked Beans 4 September Apple Crumble with 25 September Mandarin Sponge Yoghurt and Yoghurt and Fruity Shortbread Dessert Custard 16 October Fresh Fruit Station Fresh Fruit Station Chicken Curry with Rice WEEK THREE Mac and Cheese Honey and Lemon Roast Chilli con Carne Breaded Fish and Chips Option one Chicken, Skin on Roast with 50/50 Rice Potatoes and Gravy Vegetable and Apricot W/C Chinese Vegetable Tagine with Couscous Option two Broccoli Pasta Bake **Noodles** 1 May Spanish Omelette and Jollof Rice with Quorn and Beans Chips 23 May 19 June Peas Broccoli Vegetables Cabbage Roasted Summer Peas Sweetcorn 10 July Baked Beans Carrots Vegetable Medley Baked Beans 11 September 2 October Dessert Yoghurt and Orange & Cinnamon Jelly Mixed Fruit Crumble with Yoghurt and Fresh Fruit Station Cookie Custard Fresh Fruit Station ALLERGY INFORMATION: MENU KEY Added Plant Power If you would like to know about particular allergens in foods please Wholemeal Vegan 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 Available Daily: to complete a form to ensure we have the necessary information Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Bread freshly baked on site daily- Daily salad selection to cater for your child. We use a large variety of ingredients in the Fresh Fruit and Yoghurt is available daily preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination

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