

St Marks Spring Summer 2025
WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/E 21st April
12th May
9th June
30th June

MAIN MEALS

21st July
1st September
22nd September
13th October

Option One

Wholemeal Tuna Pasta
Bake with Tomato
and Herb Bread

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

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

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

Cheese and Tomato
Quiche) with
Chips (VE)

Option Two

BBQ Quorn (VE) with
New Potatoes (VE)

Chef James' Chicken
Jollof Rice

Roast Chicken with
Stuffing, Roasted
Potatoes and
Gravy

Beef Lasagne
with Garlic
and
Herb Bread

Battered Fish
with Chips

Option Three

Jacket Potato with
Salmon Mayonnaise

Jacket Potato (VE) with
Cheese (V) or Vegan
Sheese (VE)

Jacket Potato (VE)
with Five Bean Chilli
(VE)

Tomato and Butterbean
Pasta (VE) with
Wholemeal
Penne (VE)

Chef Shilpa's
Aubergine and Potato
Curry (VE) with 50/50
Wholemeal
Rice (VE)

Vegetables

Broccoli (VE)
Sweetcorn (VE)

Butternut Squash (VE)
Green Beans (VE)

Peas (VE)
Cabbage (VE)

Cauliflower (VE)
Roasted Peppers (VE)

Carrots (VE)
Peas (VE)

Salad Bar

Roasted Chickpea
Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Diced Peppers (VE)
Couscous (V)

Beetroot and Orange
Salad (VE)
Tomato Pasta (VE)
Olives (VE)
Lettuce (VE)
Tornatoes (V)

Roasted Sweet
Potato (VE)
Lettuce (VE)
Pepper Sticks (VE)
Cucumber (VE)
Couri Sticks (V)

Rainbow Slaw (VE)
Green Beans (VE)
Cucumber (VE)
Tabbouleh Salad (VE)
Beetroot (VE)

Lettuce (VE)
Tomatoes (VE)
BBQ Noodle Salad (V)
Grated Carrot (VE)
Sweetcorn (VE)

DESSERT

Dessert

Yoghurt (V) with
Sunflower Seeds and
Fresh Fruit – Grapes,
Banana and Orange
(VE)

Seeded Apple
Flapjack (VE)

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

Yoghurt (V) or Vegan
Custard (VE) with Sunflower
Seeds and Fresh Fruit –
Apple, Watermelon and
Pineapple (VE)

Strawberry Jelly with
Peaches and
Mandarin (VE)

MENU KEY

Added Plant Protein
(50% of the protein
is from a plant-
based source)

Contains
Flaxseed or Chia
Seed (High in
Omega-3)

Wholemeal
Planet Friendly, Low
Carbon Option

Local Red
Tractor Meat

Local, Seasonal
Fruit & Veg
(V) Vegetarian
(VE) Vegan

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) - Fresh Fruit (VE) - Natural Yoghurt (V/VE) - Drinking Milk (V/VE)

ALLERGY INFORMATION:

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/E 28th April
19th May
18th June
7th July

MAIN MEALS

8th September
29th September
20th October

Option One

Cheese and Tomato
Pizza with
Sweetcorn Bread (VE)



Chickpea and
Vegetable
Biryani (VE)
with Turmeric
Bread (VE)



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



Beetroot, Butternut
Squash and Lentil
Wellington (VE)
with Mashed Potatoes
and Gravy (VE)



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



Option Two

Soya Mince Mexican
Chilli (VE) with 50/50
Wholemeal Rice (VE),
and Sweetcorn
Bread (VE)



Hearty Beef
and
Lentil Bolognaisse
with Wholemeal
Penne



Roast Turkey,
Stuffing, Roast
Potatoes and
Gravy



Caribbean Spiced
Chicken
with Rice and Peas



Breaded Fish with
Chips and Tomato
Sauce

Option Three

Jacket Potato with
Cheese (V)

Jacket Potato with
Baked Beans (VE)



Jacket Potato with
Tuna and Sweetcorn
Mayonnaisse



Lentil and Roasted
Vegetable
Wholemeal
Pasta (VE)



Tomato and
Butterbean Pasta (VE)



VEGETABLES AND SALAD

Vegetables

Sweetcorn (VE)
Cauliflower (VE)

Carrots (VE)
Courgettes (VE)

Cauliflower (VE)
Green Beans (VE)

Broccoli (VE)
Red Cabbage (VE)

Peas (VE)
Baked Beans (VE)

Salad Bar

Grated Carrot (VE)
Cucumber Sticks (VE)
Sweet Potato Power
Salad (VE)
Tomato Salsa (VE)
Beetroot (VE)

Lettuce (VE)
Tomato Pasta (VE)
Olives (VE)
Carrot Sticks (VE)
Cucumber Slices (VE)

Roasted Vegetable
and Lentil Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Green Beans (VE)
Diced Pepper (VE)

Coleslaw (V)
Mixed Bean Salad (VE)
Cucumber (VE)
Pepper Sticks (VE)
Sweetcorn (VE)

Beetroot (VE)
Rainbow Slaw (VE)
Iceberg Lettuce (VE)
Tomatoes (VE)
Couscous Salad (VE)

DESSERT

Dessert

Peach and Strawberry
Crumble (VE)



Yoghurt (V) or Vegan
Custard (VE) and Fresh
Fruit - Banana,
Watermelon and
Apple (VE)



Yoghurt (V) or Vegan
Custard (VE) with
Sunflower Seeds and
Fresh Fruit - Pineapple,
Orange and Apple
(VE)



Lemon Shortbread
(VE)

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Carbon Option

Local Red
Tractor Meat

Local, Seasonal
Fruit & Veg
(V) Vegetarian
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Islington Spring Summer 2025
WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY
















W/C
5th May
2nd June
23rd June

MAIN MEALS

14th July
15th September
6th October

VEGETABLES AND SALAD

DESSERT

Option One	<p>Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice (VE) and Turmeric Bread (VE)</p> 	<p>Turkish Vegan Soya Kofta (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)</p> 	<p>Rainbow Pizza Slices (V) with Pasta Salad (VE)</p> 	<p>Lentil and Basil Whirl(VE) Chips</p> 	<p>Lentil and Basil Whirl (VE) with Chips (VE)</p> 
Option Two	<p>Tomato, Lentil and Roasted Vegetable Wholemeal Penne Pasta (VE)</p> 	<p>Beef Burger with Sweet Potato Salad</p> 	<p>Chicken Tikka Masala with 50/50 Wholemeal Rice</p> 	<p>Salmon Fishfingers / Pollock Fishfingers with New Potatoes</p> 	<p>Per-Peri Chicken with Chips, Sweetcorn Salsa and Roasted Veg and Olive Bread</p> 
Option Three	<p>Creamy Butternut Squash and Cheese Pasta (V)</p> 	<p>Jacket Potato with Baked Beans (VE)</p> 	<p>Jacket Potato with Five Bean Chilli (VE)</p> 	<p>Chickpea Aloo Chat with 50/50 Wholemeal Rice (VE)</p> 	<p>Jacket Potato with Tuna and Sweetcorn Mayonnaise</p> 

Vegetables	<p>Baked Beans (VE) Broccoli (VE)</p> 	<p>Carrots (VE) Peppers (VE)</p> 	<p>Peas (VE) Cauliflower (VE)</p> 	<p>Sweetcorn (VE) Carrots (VE)</p> 	<p>Coleslaw (VE) Green Beans (VE)</p> 
Salad Bar	<p>Tomatoes (VE) Beetroot (VE) Grated Carrot (VE) Butternut Squash (VE) Mixed Lettuce (VE)</p> 	<p>Rainbow Slaw (VE) Olives (VE) Cucumber Sticks (VE) Green Bean Salad (VE) Vegetable Pasta Salad (VE)</p> 	<p>Sweet Potato Salad (VE) Carrot Sticks (VE) Diced Pepper (VE) Sweetcorn Salsa (VE) Tomatoes (VE)</p> 	<p>Apple and Raisin Salad (V) Cucumber Slices (VE) Grated Carrot (VE) Mixed Lettuce (VE) Pepper Sticks (VE)</p> 	<p>Mixed Bean Salad (VE) Beetroot (VE) Cucumber Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)</p> 
Dessert	<p>Savoury Cheese and Courgette Scone (V) or Vegan Sheese and Courgette Scone (VE)</p> 	<p>Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Honeydew Melon, Orange and Apple (VE)</p> 	<p>Apple and Pear Crumble (VE) with Custard (V)</p> 	<p>Pineapple Upside Down Cake (V)</p> 	<p>Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Banana, Pineapple and Grapes (VE)</p> 

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 Wholemeal

 Planet Friendly, Low Carbon Option

 Local, Seasonal Fruit & Veg

 Local Red Tractor Meat

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caterlink
feeding the imagination

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