

Islington Autumn Menu 2022




Monday


Tuesday

Wednesday

Thursday

Friday




-  Added Plant Power
-  Vegan
-  Wholemeal

Week One	Option 1	Spaghetti Bolognise	Turkey & Chickpea Curry with Rice	Roast Chicken, Skin on Potatoes and Gravy	BBQ Chicken with 50/50 Rice	Battered Fish and Chips
	Option 2	Vegetable Bolognise 	Creamy Vegetable Pie	Vegetable Wellington	Jollof Rice & Quorn	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	Mixed Berries 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

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

Week Two	Option 1	Cheese and Tomato Pizza 	Chicken Tikka Curry with 50/50 Rice 	Beef Cottage Pie	Chicken Paella	Salmon Fish Cake and Wedges
	Option 2	Peppers & Bean Frittata with Wedges	Sweet & Sour Butter beans with 50/50 Rice 	Chickpea & Vegetable Hot Pot	Vegetable Enchilada's	Puff Pastry Cheese & Pepper Whirl
	Vegetables and Salad	Sweetcorn Broccoli Tomato Penne Salad	Roasted Courgettes Peppers Coleslaw	Suede 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	Eves Pudding with Custard	Carrot Cake	Yoghurt and Fresh Fruit Station	

Or a choice of Yoghurt & Fresh Fruit available daily

ALLERGY INFORMATION:

Week Three	Option 1	Macaroni Cheese	Jamaican Jerk Chicken with 50/50 Rice 	Roast Turkey, Stuffing Skin on Potatoes, Gravy	Beef Chilli con Carne with Rice	Breaded Fish and Chips
	Option 2	Five Bean Chilli with 50/50 Rice 	Lenill Shepherdess Pie 	Lenill & Chickpea Loaf, with Skin On Roast Potatoes, Gravy	Lenill and Sweet Potato Curry with Rice 	Mixed Vegetable Tortilla Stack
	Vegetables and Salad	Roasted Carrots Sliced Green Beans Beetroot, Orange Salad	Green Beans Sweetcorn Apple and Raisin Salad	Broised 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	