

21<sup>ST</sup> APRIL  
12<sup>TH</sup> MAY  
9<sup>TH</sup> JUNE  
30<sup>TH</sup> JUNE

**MAIN  
MEALS**

21<sup>ST</sup> JULY  
1<sup>ST</sup> SEPT  
22<sup>ND</sup> SEPT  
13<sup>TH</sup> OCT

**Option One**

Caribbean vegetable  
stew(VE) with Rice and  
Peas (VE)



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



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



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



Breaded Fish with  
Chips and Tomato  
sauce

**Option Two**

Vegetarian Lasagne  
with  
Herby Garlic Bread



Chicken  
Jollof Rice



Cottage pie  
With  
Gravy



BBQ Quorn (VE)  
with New Potatoes (VE)

Wholemeal Tuna Pasta  
Bake with Tomato  
and Herb Bread



**Option Three**

Jacket Potato with  
Cheese



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



Jacket Potato (VE)  
with Baked Beans  
(VE)



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



Jacket Potato (VE)  
with Beans (VE)

**Vegetables**

Sweetcorn (VE)  
Cauliflower (VE)



Carrots (VE)  
Courgettes (VE)



Cauliflower (VE)  
Green Beans (VE)



Broccoli(VE)  
Red Cabbage (VE)



Carrots (VE)  
Peas (VE)



**Salad Bar**

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



Beetroot and Orange  
Salad (VE)  
Tomato Pasta (VE)  
Olives (VE)  
Lettuce (VE)  
Tomatoes (VE)



Roasted Sweet  
Potato (VE)  
Lettuce (VE)  
Pepper Sticks (VE)  
Cucumber (VE)  
Carrot Sticks (VE)



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) and Fresh  
Fruit (VE)



Yoghurt (V) and Fresh  
Fruit (VE)



Yoghurt (V) and Fresh  
Fruit (VE)



Yoghurt (V)  
and Fresh Fruit (VE)



Yoghurt (V) and Fresh  
Fruit (VE)



**MENU KEY**



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



Wholemeal



Planet Friendly, Low  
Carbon Option



Local Red  
Tractor Meat



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

**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 allergen cross contact.

**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) - Drinking Milk (V)

# Camden Spring Summer 2025 WEEK TWO

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

28<sup>TH</sup> APRIL  
19<sup>TH</sup> MAY  
16<sup>TH</sup> JUNE  
7<sup>TH</sup> JULY  
8<sup>TH</sup> SEPT

### MAIN MEALS

29<sup>TH</sup> SEPT  
20<sup>TH</sup> OCT

**Option One**

Spicy Vegetable Lentil Couscous (VE) with Sweetcorn Bread (VE)

Vegetable Biryani V(VE) with Turmeric Bread (VE)

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

Lentil and Basil Whirl (VE) with Steamed New Potatoes (VE)

Wholemeal Cheese and Tomato Quiche (V) with Steamed New Potatoes (VE)

**Option Two**

Tomato, Lentil and Roasted Vegetable Whole meal Penne Pasta (VE)

Hearty Beef & Lentil Bolognese with Wholemeal Penne

Roast Turkey, Stuffing, Mashed Potatoes and Gravy

Caribbean Spiced Chicken Curry with Rice and Peas

Breaded Fish with Chips and Tomato Sauce

**Option Three**

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

Jacket Potato (VE) with Baked Beans (VE)

Jacket Potato with Tuna and Sweetcorn Mayonnaise

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

Jacket Potato (VE) with Beans (VE)

### VEGETABLES AND SALAD

**Vegetables**

Peas (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**

Yoghurt (V) and Fresh Fruit (VE)

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### MENU KEY



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



Wholemeal



Planet Friendly, Low Carbon Option



Local Red Tractor Meat



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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5<sup>TH</sup> MAY  
2<sup>ND</sup> JUNE  
23<sup>RD</sup> JUNE  
14<sup>TH</sup> JULY

MAIN  
MEALS

15<sup>TH</sup> SEPT  
6<sup>TH</sup> OCT

Option One

Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice (VE) and Turmeric Bread (VE)



Option Two

Salmon Fishfingers with Steamed New Potatoes

Option Three

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

Peri-Peri Chicken with cous cous, Sweetcorn Salsa and Roasted Vegetable and Olive Bread



Tomato, Lentil and Roasted Vegetable Wholemeal Penne Pasta (VE)



Jacket Potato (VE) with Baked Beans (VE)



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



Chicken Tikka Masala with 50/50 Wholemeal Rice



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



Chinese Vegetable Noodles (V)

Beef & onion Pie Sweet Potato wedges



Jacket Potato (VE) with Tuna and Sweetcorn Mayonnaise



Lentil and Basil Whirl (VE) with Steamed New Potatoes (VE)



Breaded Fish with Chips and Tomato Sauce



Jacket Potato (VE) with Baked Beans (VE)

VEGETABLES  
AND SALAD

Vegetables

Baked Beans (VE) Broccoli (VE)



Salad Bar

Tomatoes (VE) Beetroot (VE) Grated Carrot (VE) Butternut Squash (VE) Mixed Lettuce (VE)



Carrots (VE) Peppers (VE)



Rainbow Slaw (VE) Olives (VE) Cucumber Sticks (VE) Green Bean Salad (VE) Vegetable Pasta Salad (VE)



Peas (VE) Cauliflower (VE)



Sweet Potato Salad (VE) Carrot Sticks (VE) Diced Pepper (VE) Sweetcorn Salsa (VE) Tomatoes (VE)



Sweetcorn (VE) Carrots (VE)



Apple and Raisin Salad (V) Cucumber Slices (VE) Grated Carrot (VE) Mixed Lettuce (VE) Pepper Sticks (VE)



Coleslaw (V) Green Beans (VE)



Mixed Bean Salad (VE) Beetroot (VE) Iceberg Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)



DESSERT

Dessert

Yoghurt (V) and Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



MENU KEY



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



Wholemeal



Planet Friendly, Low Carbon Option



Local Red Tractor Meat



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

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