

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 Butterbean  
Stew (VE) with Rice and  
Peas (VE)



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  
Butterbean Macaroni (V)  
with Garlic and Herb  
Bread (VE)



Homemade Beetroot  
and Lentil Burger  
(VE) with  
Chips (VE)

**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  
Salmon Mayonnaise

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



Jacket Potato (VE)  
with Baked Beans  
(VE)



Jacket Potato (VE) with  
Five Bean Chilli (VE) and  
Rainbow Slaw d (VE)



Jacket Potato (VE)  
with Chickpea Curry  
(VE)



**VEGETABLES  
AND SALAD**

**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)

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

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

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

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

**Option Two**

5bean Mexican Chilli  
(VE) with 50/50  
Wholemeal Rice (VE),  
and Sweetcorn  
Bread (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 Sheese  
(VE)

Jacket Potato (VE) with  
Baked Beans (VE)

Jacket Potato with  
Tuna and Sweetcorn  
Mayonnaise **F12**

Jacket Potato (VE) with  
Five Bean Chilli (VE) and  
Rainbow  
Slaw (VE)

Jacket Potato (VE) with  
Lentil Bolognese (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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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 with Lentil Bolognese(VE)

Turkish Vegan Soya Kofta (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)



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 Sheese (VE)



Chinese Black Bean Vegetable Noodles (V)



Jacket Potato (VE) with Chickpea curry (VE)



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



Peri-Peri Chicken with Chips, Sweetcorn Salsa and Roasted vegetable and Olive Bread



Jacket Potato with Tuna and Sweetcorn Mayonnaise

## VEGETABLES AND SALAD

### Vegetables

Baked Beans (VE)  
Broccoli (VE)



### Salad Bar

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



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



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



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



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



## DESSERT

### Dessert

Yoghurt (V) and Fresh Fruit (VE)



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Yoghurt (V) and Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



## MENU KEY



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



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Planet Friendly, Low Carbon Option



Local Red Tractor Meat



Local, Seasonal Fruit & Veg  
(V) Vegetarian  
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