

ISLINGTON EARLY YEARS MENU

WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Summer Berry Porridge made with Milk (V) or Soya Milk (VE)

Wholemeal Toast (VE)

Fresh Orange Wedges (VE)

Weetabix with Milk (V) or Soya Milk (VE)

Boiled Egg (V), English Muffin (V) and Roasted Tomatoes (VE)

Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE)

Crumpets (V) with Spread (VE)

Banana Fingers (VE)

Peach and Berry Porridge made with Milk (V) or Soya Milk (VE)

Toasted White Bagel (V) With Butterbean Dip (VE) Fresh Pear Slices (VE)

Weetabix with Milk (V) or Soya Milk (VE)

Homemade Five Beans in Tomato Sauce (VE) Toasted English Muffin (V) & Mushrooms (VE)

MORNING SNACK

Pitta Sticks (VE) with Spread (VE)

Apple Slices (VE)

Melba Toast (V) with Houmous (VE)

Carrot and Cucumber Sticks (VE)

Pitta Sticks (VE) with Cheese Spread (V)

LUNCH

Vegetable Batons with Yoghurt & Cucumber Dip (V)

Mixed Vegetable & Bean Hotpot with Breadcrumb Top (VE)

Steamed Carrots & Peas (VE) & Pepper Sticks (VE)

Chickpea & Apricot Stew (VE) with Herby Couscous or Pitta Fingers (VE)

Chicken & Vegetable Stew with Couscous or Pitta Fingers

Broccoli (VE) Cauliflower (VE) & Beetroot Salad (VE)

Natural Yoghurt (V) with Melon (VE)

Butterbean Macaroni Cheese (V) with Garlic & Herb Bread (VE)

Creamy Salmon and Spinach Pasta Bake with Garlic & Herb Bread

Green Beans (VE), Sweetcorn (VE) & Cherry Tomato Quarters (VE)

Bananas (VE) & Custard (V)

Classic Soya Mince Bolognaise (VE) with Wholemeal Pasta (VE)

Hearty Beef & Lentil Bolognaise with Wholemeal Pasta

Baked Beans (VE), Peas (VE) & Cucumber Salad (VE)

Strawberry & Peach Crumble (VE) with Ice Cream (V)

Mixed Vegetable Loaf (V) with Skin on Roast Potatoes or New Potatoes (VE) and Gravy (VE)

Roast Chicken, Skin on Roast Potatoes or New Potatoes & Gravy

Roasted Carrot (VE), Pepper (VE), & Tomato and Onion Salsa (VE)

Natural Yoghurt (V) & Fresh Fruit Salad (VE)

A selection of seasonal fresh fruits served daily including apple, strawberries, banana, oranges, pineapple, & melon (VE)

AFTERNOON SNACK

Crudités (VE) with Yoghurt and Cucumber Dip (V)

Wholemeal Bread Fingers (VE) with Spread (VE)

Apple Slices (VE)

Oat Cakes (V) with Soft Cheese (V)

Banana Fingers (VE)

TEA

Orange Slices (VE)

Turkish Vegan Kebab (VE) with Lemon & Herb Couscous (VE), Homemade Flatbread (VE) & Houmous (VE)

Wholemeal Rainbow Vegetable Pizza (V) with Sweet Potato Salad (VE)

Seasonal Apples Wedges (VE)

Summer Picnic

Sandwich Triangles: egg mayonnaise (V), cheese and tomato (V) or hummus & carrot (VE)

Fruit & Veg: Melon (VE) & Carrot Sticks (VE)

Herby Chicken and Bean Wrap with Broccoli (VE) or Beany Salsa Wrap (VE) with Broccoli (VE)

Berries (VE) with Natural Yoghurt (V)

Tomato, Lentil & Basil Pasta (VE) with Carrot Sticks (VE)

Natural Yoghurt (V) with Mandarins (VE)

MENU KEY



(V) Vegetarian
(VE) Vegan

Available Daily:

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

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.



ISLINGTON EARLY YEARS MENU

WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE)

Wholemeal Toast (V)

Apple Wedges (VE)

Weetabix (VE) with Milk (V) or Soya Milk (VE)

Boiled Egg (V), White Bagel (V) and Roasted Tomatoes (VE)

Banana Porridge made with Milk (V) or Soya Milk (VE)

English Muffin (V) with Spread (VE)

Fresh Strawberries (VE)

Weetabix (VE) with Milk (V) or Soya Milk (VE)

Scrambled Eggs with Homemade Baked Beans (V), Tortilla Wrap and Mushrooms (VE)

Summer Berry & Flaxseed Porridge made with Milk (V) or Soya Milk (VE)

Pancake (V)

Banana Slices (VE)

MORNING SNACK

Oat Cakes (V) with Houmous (VE)

Banana Fingers (VE)

Pitta Sticks (VE) and Soft Cheese (V)

Apple Slices (VE)

Melba Toast (V) with Butterbean Dip (VE)

LUNCH

Italian Butterbean & Green Pea Risotto (VE)

Classic Chicken, Butterbean & Garden Pea Risotto

Sweetcorn (VE) Carrots (VE) & Fresh Broccoli Salad (VE)

Natural Yoghurt (V) and Fresh Fruit Salad (VE)

Wholemeal Tomato & Lentil Pasta (VE)

Green Beans (VE) Roasted Peppers (VE) & Homemade Coleslaw (V)

Apple & Strawberry Crumble with Custard (V)

Spring Vegetable Pie with Mashed Potato (VE) & Gravy (VE)

Roast Beef, Mashed & Gravy

Roasted Carrots (VE), Tomatoes (VE) Peppers (VE) & Aubergine (VE)

Natural Yoghurt (V) with Strawberries & Blackberries (VE)

Cheese & Tomato Pizza (V)

Chicken & Red Pepper Pizza

Roasted Peppers (VE) Beetroot & Orange Salad (VE) & Mixed Leaf Salad (VE)

Pineapple Upside Down Cake (V) with Custard (V)

Carrot Sticks (VE) with Yoghurt & Cucumber Dip (V)

Pea and Pepper Frittata (V) with New Potato & Chive Salad (V)

Salmon Fishcake with New Potato & Chive Salad

Steamed Peas (VE) Baked Beans (VE) & Sweet Potato & Coriander Salad (VE)

A selection of seasonal fresh fruits served daily including apple, strawberries, banana, oranges, pineapple, & melon (VE)

AFTERNOON SNACK

Crudités (VE) with Cheese Spread (V)

Wholemeal Bread Fingers (VE) with Spread (VE)

Seasonal Peach Quarters (VE)

English Muffin (V) with Yoghurt & Cucumber Dip (V)

Crudités – Carrot and Cucumber Sticks (VE)

Summer Picnic

Sandwich Triangles: egg mayonnaise (V), cheese and tomato (V) or hummus & carrot (VE)

Fruit & Veg: Peach (VE) & Cucumber Sticks (VE)

Jacket Potato (VE) with Baked Beans (VE) or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE)

Strawberries (VE) & Natural Yoghurt (V)

Chickpea Couscous (VE) Or Chicken and Chickpea Couscous with Courgettes (VE)

Orange Wedges (VE)

Melon Boats (VE) Chinese Vegetable Noodles (V) and Broccoli (VE)

Baked Beans (VE) on 50% Wholemeal Toast (VE) with Mushrooms (VE)

Apples (VE) with Natural Yoghurt (V)

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ISLINGTON EARLY YEARS MENU
WEEK THREE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

BREAKFAST	Weetabix with Milk (V) or Soya Milk (VE) 	Summer Berry Porridge made with Milk (V) or Soya Milk (VE) 	Weetabix with Milk (V) or Soya Milk (VE) 	Peach and Berry Porridge made with Milk (V) or Soya Milk (VE) 	Banana and Cocoa Porridge made with Milk (V) or Soya Milk (VE) 
	Boiled Egg (V), Wholemeal Soldiers (VE) & Roasted Tomatoes (VE) 	Pancake (V)  Apple Wedges (VE) 	Red Pepper Frittata (V)  Toasted English Muffin (V) and Mushrooms (VE)	Crumpets (V) with Spread (VE)  Pineapple Pieces (VE) 	Bagel (V)  Berries & Watermelon (VE) 
MORNING SNACK	Melba Toast (V) with Spread (VE)	Melon Fingers (VE) 	Oatcakes (V) and Cucumber Sticks (VE) 	Seasonal Apple Quarters (VE) 	Wholemeal Bread Fingers (VE) with Houmous (VE) 
LUNCH	Butternut Squash & Lentil Lasagne (V) 	Broccoli Cheese Swirl (V) with Steamed Baby New Potatoes (VE)	Mildly Spiced Jollof Rice with Five Beans (VE) with Butternut Squash (VE) 	Bagels (V) with Soft Cheese Spread (V) 	Spinach & Chickpea Curry (VE) with 50% Wholemeal Rice (VE) 
	 Beef & Lentil Lasagne 	Traditional Fish Fingers with Steamed Baby New Potatoes	 Mildly Spiced Chicken Jollof Rice	Summer Bean Fajitas (VE) with Sweet Potato Wedges (VE) & Tomato Salsa Dip (VE) 	
	 Broccoli (VE) Sweetcorn (VE) & Mixed Leaf Salad (VE) 	Steamed Peas (VE), Baked Beans (VE) & Sweetcorn Salsa (VE) 	 Cauliflower (VE), Green Beans (VE) & Grated Carrot & Raisin Salad (VE) 	 Chicken and Bean Fajitas with Sweet Potato Wedges & Tomato Salsa Dip 	 Spring Greens (VE), Red Cabbage (VE) & Carrot Sticks (VE) 
	 Natural Yoghurt (V) with Strawberries (VE)	 Natural Yoghurt (V) & Stewed Apples (VE)	 Peach Upside Down Cake (V) with Custard (V)	 Carrot & Courgette Medley (VE) & Broccoli Floret Salad (VE)	Natural Yoghurt (V) & Banana Fingers (VE) 
	A selection of seasonal fresh fruits served daily including apple, strawberries, banana, oranges, pineapple, & melon (VE)				
AFTERNOON SNACK	 Crudités (VE) with Yoghurt and Cucumber Dip (V)	 Pitta Sticks (VE) and Houmous (VE) 	 Pineapple Pieces (VE) 	 English Muffin (V) with Butterbean Dip (VE)	 Pepper and Carrot Crudités (VE) 
TEA	Pea, Spinach, Tomato Egg Muffins (V) with Herby Couscous (VE) and Sweetcorn(VE) ~ Banana Fingers (VE) 	Caribbean Butternut Squash & Bean Curry (VE) with Rice (VE) ~ Natural Yoghurt (V) with Peaches (VE) 	Cheese on Toast (V) with Carrot and Beetroot Slaw (VE) ~ Natural Yoghurt (V) with Strawberries (VE) 	Vegetable Sticks (VE) with Yoghurt & Cucumber Dip (V) ~ Wholemeal Tuna Pasta Bake or Wholemeal Lentil Pasta Bake (VE) With Broccoli (VE) 	Summer Picnic Rolls: egg mayonnaise (V), cream cheese and cucumber (V) or five bean and salsa (VE) ~ Pineapple (VE) & Tomato Quarters (VE), Natural Yoghurt (V) 

MENU KEY

- Added Plant Protein
- Local Red Tractor Meat
- Low Carbon Planet Friendly
- Wholemeal
- Contains Flaxseed (High in Omega-3)
- Local, Seasonal Fruit & Veg
- (V) Vegetarian (VE) Vegan

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