

# Camden Spring Summer 2025 WEEK ONE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Planet Friendly Day

## MAIN MEALS

**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)



Super 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**

Vegetable 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 Grated Sheese (VE)



Jacket Potato (VE) with Baked Beans (VE)



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



Jacket Potato (VE) with Chickpea Curry (VE)



## VEGETABLES AND SALAD

**Vegetables**

Sweetcorn Cauliflower



Carrots Courgettes



Cauliflower Green Beans



Broccoli Red Cabbage



Carrots Peas



**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



Wholemeal Peach and Carrot Cake & Custard (V)



Yoghurt (V) with Fresh Fruit



Yoghurt (V) and Fresh Fruit



Strawberry Jelly with Peaches and Mandarins (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)

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feeding the imagination



# Camden Spring Summer 2025 WEEK TWO

## MONDAY

Planet Friendly Day

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEALS

#### 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

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



Hearty Beef & Lentil Bolognese with Wholemeal Fusilli



Roast Turkey, Stuffing, Mashed Potatoes and Gravy



Caribbean Spiced Chicken with Rice and Peas



Breaded Fish with Chips and Tomato Sauce

#### Option Three

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



Jacket Potato (VE) with Baked Beans (VE)



Jacket Potato with Tuna and Sweetcorn Mayonnaise



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



Jacket Potato (VE) with Lentil Bolognese (VE)

### VEGETABLES AND SALAD

#### Vegetables

Peas Cauliflower



Carrots Courgettes



Cauliflower Green Beans



Broccoli Red Cabbage



Peas Baked Beans

#### 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



Mandarin Sponge Cake with Custard (VE)

Yoghurt (V) and Fresh Fruit



Yoghurt (V) and Fresh Fruit



Peach and Strawberry Crumble With Custard (V)



### 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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**Camden Spring Summer 2025**  
**WEEK THREE**

**MONDAY**

**TUESDAY**

Planet Friendly Day

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN MEALS**

**Option One**

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



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



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



Chinese Black Bean Vegetable Noodles (V)



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

**Option Two**

Salmon Fishfingers with Steamed New Potatoes

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



Chicken Tikka Masala with 50/50 Wholemeal Rice



Beef & onion Pie Sweet Potato wedges



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



**Option Three**

Jacket Potato with Lentil Bolognaise (VE)

Jacket Potato (VE) with Baked Beans (VE)



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



Jacket Potato (VE) with Chickpea curry (VE)



Jacket Potato with Tuna and Sweetcorn Mayonnaise

**VEGETABLES AND SALAD**

**Vegetables**

Baked Beans Broccoli



Carrots Peppers



Peas Cauliflower



Sweetcorn Carrots



Coleslaw (V) Green Beans



**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



Yoghurt (V) and Fresh Fruit



Apple and Pear Crumble with Custard (V)



Pineapple Upside Down Cake (V)



Yoghurt (V) and Fresh Fruit



**MENU KEY**



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Wholemeal



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