ISLINGTON EARLY YEARS MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) & Fresh Orange Wedges(VE)	Peach & Berry Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Apple Wedges (VE)	Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) & Fresh Pear slices(VE)	Peach, Berry & Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Crumpets (V) with Spread (VE) Banana Fingers (VE)	Banana Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Pancakes (V) Berries & Watermelon (VE)
MORNING SNACK	English Muffin (V) with Spread (VE)	Carrot and Cucumber Sticks (VE)	Wholemeal Toast Fingers with Cream Cheese	Banana Fingers Melon Fingers (VE)	Pitta Sticks (V) and Cucumber Sticks (VE)
LUNCH	Classic Soya Mince Spaghetti Bolognaise (VE) with Wholemeal Pasta (VE) Hearty Beef Bolognaise with Wholemeal Pasta Broccoli (VE) Sweetcorn (VE) & Mixed Leaf Salad (VE) Natural Yoghurt (V) with Tinned Pears(VE)	Mildly Spiced Mixed Bean Jollof Rice (VE) Chicken Jollof Rice Spring Greens (VE), Cauliflower (VE) & Carrot Sticks (VE) Natural Yoghurt (V) & Banana Fingers (VE)	Vegetable Wellington (VE), Roast Potatoes & Gravy (VE) Roast Chicken with Roast Potato (VE) & Gravy (VE) Green Beans (VE), Red Cabbage (VE) & Grated Carrot & Raisin Salad (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)	Butternut Squash & Lentil Lasagne (V) Beef Lasagne Carrot & Courgette Medley (VE) & Potato & Chive Salad (VE) Pear Cobbler (VE) with Custard (V)	Fishless Fingers (VE) & Chips Battered Fish & Chips (steamed fish & mash for babies) Steamed Peas (VE), Baked Beans (VE) & Sweetcorn Salsa Natural Yoghurt (V) & Banana Fingers (VE)
AFTERNOON SNACK	Cheese, Vegan Cheese & Crackers	A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE) Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers
TEA	Crudites (VE) ~ Jacket Potato (VE) with Butter, Baked Beans (VE), Cheese or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE)	Pear (VE) & Cheese Slices (V) ~ Caribbean Squash & Butterbean Curry (VE)	Broccoli Wholemeal Pasta Bake (V) ~ Natural Yoghurt (V) with Orange Wedges	Baked Beans (VE) on 50% Wholemeal Toast (VE) with Mushrooms (VE) ~ Melon (VE) & Natural Yoghurt (V)	Toast Fingers with: Tuna mayonnaise (V), cream cheese and cucumber (V) or butter bean dip and salsa (VE) ~ Fruit & Veg: Pineapple (VE) & Tomato Quarters (VE)

MENU KEY

Added Plant Protein | Low Carbon Planet Friendly | Wholemeal | Contains Flaxseed (High in Omega-3) | (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.

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ISLINGTON EARLY YEARS MENU WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Peach and Berry Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) and Fresh Orange Wedges (VE)	Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Apple Wedges (VE)	Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Crumpets (V) with Spread (VE) Banana Fingers (VE)	Berry & Flaxseed Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast Fresh Pear Slices (VE)	Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Pancakes (V) Berries & Watermelon (VE)
MORNING SNACK	Pitta Sticks (VE) with Butterbean Dip (VE)	Seasonal Pear Quarters & Banana Fingers (VE)	Wholemeal Bread Fingers (V) with Cream Cheese (VE)	Carrot and Cucumber Sticks (VE)	English Muffin (V) with Yoghurt & Cucumber Dip (V)
LUNCH	Five Bean Chilli (VE) Loaded Jacket Potato (VE) Steamed Carrots & Peas (VE) & Pepper Sticks (VE) Natural Yoghurt (V) Fruits of the Forest (VE)	Chef's Special aubergine & potato curry (VE) With Rice (VE) Chicken Tikka Masala with Rice Green Beans (VE), Sweetcorn (VE) & Cherry Tomato Quarters (VE) Melon Boats (VE) & Cheese Slices (V)	Vegetable Wellington (VE), Roast Potatoes & Gravy (VE) Roast Chicken, Skin on Roast Potatoes & Gravy Roasted Cabbage (VE), Cauliflower (VE) & Rainbow Slaw (VE) Apple & Blackberry Crumble (VE) with Ice Cream (V)	Creamy Macaroni Cheese (V) with Garlic & Herb Bread (VE) Creamy Salmon and Spinach Pasta Bake with Garlic & Herb Bread Broccoli (VE) Cauliflower (VE) & Beetroot Salad (VE) Bananas (VE) & Custard (V)	BBQ Quorn Pieces (V) with Herby Potatoes (VE) Chicken & Bean Stew with Herby Potatoes Baked Beans (VE), Peas (VE) & Cucumber Salad (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)
	A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)				
AFTERNOON SNACK	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers
TEA	Herby Chicken and Bean Wrap with Courgettes (VE) or Beany Salsa Wrap (VE) with Courgettes (VE) ~ Orange Slices (VE)	Tomato& Basil Pasta (VE) with Carrot Sticks (VE) ~ Seasonal Apples Wedges (VE)	Crudites (VE) with Butterbean Dip (VE) ~ Jacket Potato (VE) with Butter, Baked Beans (VE), Cheese or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE)	Wholemeal Cheese and Tomato Pizza (V) with Sweet Potato Salad (VE) ~ Berries (VE) with Natural Yoghurt (V)	Sandwich Triangles with: Tuna mayonnaise (V), cheese and tomato (V) or hummus & carrot (VE) ~ Fruit & Veg: Melon (VE) & Carrot Sticks (VE)

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

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ISLINGTON EARLY YEARS MENU
WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Banana & Flaxseed Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (V) Apple Wedges (VE)	Weetabix (VE) with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Wholemeal Toast (VE) Pear Slices(VE)	Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Orange Wedges (VE)	Weetabix (VE) with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Berries & Watermelon (VE)	Berry & Flaxseed Porridge made with Milk (V) or Soya Milk (VE) Cornflakes, Rice Krispies, Weetabix with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Pancakes (V) Banana Slices (VE)
MORNING SNACK	Pitta Sticks (V) with Yoghurt & Cucumber Dip (VE)	Apple Slices & Banana Fingers (VE)	English Muffin (VE) and Soft Cheese (V)	Carrot and Cucumber Sticks (VE)	Wholemeal Bread Fingers (V) with Butterbean Dip (VE)
LUNCH	Cheese & Tomato Pizza (V) Sweetcorn (VE) Carrots (VE) & Fresh Broccoli Salad (VE) Eves Pudding (V) with Custard (V)	Beetroot & Lentil Burger (VE) with Sweet Potato Wedges (VE) Beef Burger with Sweet Potato Wedges Green Beans (VE) Roasted Peppers (VE) & Homemade Coleslaw (V) Natural Yoghurt (V) with Blackberries (VE)	Vegetable Wellington (VE), Roast Potatoes & Gravy (VE) Roast Chicken, Skin on Roast Potatoes & Gravy Roasted Carrots (VE), Tomatoes (VE) Swede (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)	Soya Mince Cottage Pie(VE) with Gravy (VE) ~ Cottage Pie with Gravy Roasted Cauliflower (VE) Beetroot & Orange Salad (VE) & Mixed Leaf Salad (VE) Apple & Blackberry Crumble with Custard (V)	Broccoli Swirls (V) with Mashed Potatoes (VE) Roast Chicken with Mashed Potatoes (VE) Steamed Peas (VE) Baked Beans (VE), Sweet Potato & Coriander Salad (VE) Natural Yoghurt (V) and Fresh Fruit Salad (VE)
AFTERNOON SNACK	A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)				
	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers	Cheese, Vegan Cheese & Crackers
TEA	Jacket Potato (VE) with Baked Beans (VE) or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE) ~ Apple Slices (VE) with Natural Yoghurt (V)	Wholemeal Tomato napolina Pasta (VE) With cheese ~ Orange Wedges (VE) & Natural Yoghurt (V)	Melon Boats (VE) ~ Baked Beans (VE) on 50% Wholemeal Toast (VE) with Mushrooms (VE)	Chicken & Bean or Vegetable & Bean Fajitas (VE) with 50% Wholemeal Rice (VE) ~ Natural Yoghurt (V) & Banana (VE)	Sandwich Triangles with: Tuna mayonnaise (V), cheese and tomato (V) or hummus & carrot (VE) ~ Fruit & Veg: Tinned Pears (VE) & Cucumber Sticks (VE)

MENU KEY

Added Plant Protein | Low Carbon Planet Friendly | Wholemeal | Contains Flaxseed (High in Omega-3) | (V) Vegetarian (VE) Vegan

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