

**Camden Spring Summer 2025
WEEK ONE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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)



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 Cheese (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 (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)



Wholemeal Peach and Carrot Cake (V) & Custard (VE)



Yoghurt (V) with Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



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)

**Camden Spring Summer 2025
WEEK TWO**

MONDAY

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

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

Hearty Beef & Lentil Bolognaise 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 Bolognaise (VE)

VEGETABLES AND SALAD

Vegetables

Peas (VE)
Cauliflower (VE)

Carrots (VE)
Courgettes (VE)

Cauliflower (VE)
Green Beans (VE)

Broccoli (VE)
Red Cabbage (VF)

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)

Mandarin Sponge Cake with Custard (VE)

Yoghurt (V) and Fresh Fruit (VE)

Yoghurt (V) and Fresh Fruit (VE)

Peach and Strawberry Crumble (VE) with Custard (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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**Camden Spring Summer 2025
WEEK THREE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEALS

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)



VEGETABLES AND SALAD

Vegetables

Baked Beans (VE)
Broccoli (VE)



Carrots (VE)
Peppers (VE)



Peas (VE)
Cauliflower (VE)



Sweetcorn (VE)
Carrots (VE)



Coleslaw (V)
Green Beans (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)



Yoghurt (V) and Fresh Fruit (VE)



Apple and Pear Crumble with Custard



Pineapple Upside Down Cake



Yoghurt (V) and Fresh Fruit (VE)



MENU KEY



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