

**Camden Spring Menu 2020**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Week One</b>	Option 1	Chicken Curry	Tomato & Vegetable Pasta	Roast Chicken with Stuffing & Gravy	Chicken Sausages & Gravy	White Fishfingers
	Option 2	Quorn & Vegetable Curry	Macaroni Cheese	Vegetable Wellington with Gravy	Linda McCartney Sausages & Gravy	Vegetable Pasta Bake
	Carbohydrate	50/ 50 Rice	Spaghetti or Macaroni	Roast Potatoes or New Potatoes	Mashed Potatoes	Baked Chips or Couscous
	Vegetables	Sweetcorn Cabbage	Roasted Vegetables	Carrots Green Beans	Cauliflower Broccoli	Baked Beans Peas
	Dessert	Fresh Fruit & Yoghurt Station	Peach Cake with Custard Yoghurt & Fresh Fruit	Grapes, Cheese & Crackers Yoghurt & Fresh Fruit	Apple Flapjack Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station
<b>Week Two</b>	Option 1	Cheese & Tomato Pizza with Salad	Spaghetti Bolognese	Roast (as advertised), and Gravy	Mexican Beef	Breaded Fish
	Option 2	Vegetarian Meatball Baguette	Quorn Bolognese	Quorn Roast Fillet with Gravy	Mexican Beans	Cheese Frittata
	Carbohydrate	Pizza	Spaghetti	Roast Potatoes or Mashed Potatoes	50/50 Rice	Baked Chips or Couscous
	Vegetables	Sweetcorn Roast Tomatoes	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Peach Crumble & Custard Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station	Apple, Cheese & Crackers Yoghurt & Fresh Fruit	Orange & Lemon Shortbread Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station
<b>Week Three</b>	Option 1	Pasta Bar Selection Of Pasta & Sauces	Chicken Stir Fry	Roast (as advertised) & Gravy	BBQ Chicken	White Fish Fingers
	Option 2		Soya Mince Stir Fry	Potato & Courgette Stack	Cheese & Potato whirls	Cheese and Tomato Quiche
	Carbohydrates	Spaghetti or 50/50 Rice	Egg Noodles or 50/50 Rice	Roast Potatoes or New Potatoes	Mashed Potato	Baked Chips or Couscous
	Vegetables	Sweetcorn Broccoli	Green Beans Cauliflower	Carrots Peas	Swede & Carrot Mash	Baked Beans Peas
	Dessert	Fresh Fruit & Yoghurt Station	Chocolate & Orange Brownie Yoghurt & Fresh Fruit	Mixed Fruit Salad Yoghurt & Fresh Fruit	Apple Sponge & Custard Yoghurt & Fresh Fruit	Fresh Fruit & Yoghurt Station

**Available Daily:**  
 - Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
 - Bread freshly baked on site daily  
 - Daily salad selection  
 - Milk as required

**ALLERGY INFORMATION:**  
 If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch & 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 & due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.