



London Borough of Camden Spring/Summer Menu 2023



Camden Spring Menu 2023

-  Added Plant Power
-  Vegan
-  Wholemeal
- Chef's Special

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

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.

Monday











Tuesday

Wednesday











Thursday

Friday

Week One

Option 1	Macaroni Cheese	Vegetable & Apricot Tagine 	Vegetable Wellington with Gravy 	Vegetarian Spaghetti Bolognese 	Bean & Lentil Burger (No Bun) 
Option 2	Macaroni Cheese topped with Cajun Chicken	Chefs Special Chicken Korma 	Roast Chicken with Stuffing & Gravy	Spaghetti Beef Bolognese 	White Fishfingers or Salmon Fishfingers
Carbohydrate	Spaghetti or Macaroni	50/50 Rice or Cous Cous 	Roast Potatoes or New Potatoes	Spaghetti or 50/50 Rice 	Baked Chips or Couscous
Vegetables	Sweetcorn Cabbage	Roasted Vegetables	Carrots Green Beans	Cauliflower Broccoli	Baked Beans Peas
Dessert	Fruit Medley or Yoghurt	Peach Cake with Custard Yoghurt or Fresh Fruit	Fruit Medley or Yoghurt	Apple Flapjack   Fresh Fruit or Yogurt	Fruit Medley or Yoghurt

Week Two

Option 1	Cheese & Tomato Pizza 	Lentil & Sweet Potato Curry 	Lentil Shepherds Pie 	Five bean Chilli 	Vegetable Pasty 
Option 2	Beef Burger	Chicken Tagine	Roast Chicken , Gravy	Beef Hotpot 	Breaded Fish Fingers
Carbohydrate	Wedges/ new potatoes	50/50 Rice Or Cous Cous 	Roast Potatoes or Mashed Potatoes	50/50 Rice 	Baked Chips or Couscous
Vegetables	Sweetcorn Coleslaw	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Fruit Medley or Yoghurt	Oaty Peach Crumble & Custard Fresh Fruit or Yoghurt Station 	Fruit Medley or Yoghurt	Orange & Lemon Shortbread Yoghurt or Fresh Fruit 	Fruit Medley or Yoghurt

Week Three

Option 1	Chickpea Curry 	Vegetarian Sausage Hot Dog 	Vegetable & Mixed Bean Fajitas 	Summer Butterbean Vegetable Risotto 	Spanish Omelette
Option 2	Beef Chilli	Chicken or Pork Sausage Hotdog	BBQ or Herb Roasted Chicken	Beef Lasagne served with Garlic Bread 	Breaded Fish
Carbohydrates	50/50 Rice 	Potato Wedges	Roast Potatoes or New Potatoes	Cous Cous	Baked Chips or Couscous
Vegetables	Sweetcorn Broccoli	Green Beans Cauliflower	Carrots Peas	Sweetcorn and Green Beans	Baked Beans Peas
Dessert	Fruit Medley or Yoghurt	Chocolate & Orange Brownie Yoghurt or Fresh Fruit	Mixed Fruit Salad Yoghurt or Fresh Fruit	Apple Sponge & Custard Yoghurt or Fresh Fruit	Fruit Medley or Yoghurt