



In partnership with



ISLINGTON

| Menu 6 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|--|
| Main meal | MSC Pollack in Parsley Sauce with Cheese Topping served with Mashed Potatoes | Lamb Meatballs in Tomato Sauce with Pasta | Caribbean Chicken with Rice | Shepherds Pie | Wholemeal Crumbed MSC Salmon with Chips |
| Vegetarian Option | Vegetarian Pizza | Penne Pasta & Ratatouille Bake With Green Salad | Vegetable & Potato Mousaka with Greek Style Salad | Veggie Shepherdess Pie | Macaroni Cheese With Tomatoes |
| Vegetables | Sweetcorn Green Beans | Roasted Winter Vegetables | Broccoli Stir-fry Vegetables | Carrots Green Cabbage | Peas Cauliflower |
| Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, & Carrot. Look out also for our "Salad Special" of the Day | | | | | |
| Freshly Cooked each day - Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans | | | | | |
| Dessert | Pear Crumble With Custard Yoghurts Fresh Fruit Salad | Fresh Fruit Jelly Yoghurts Fresh Fruit Salad | Semolina with Jam Sauce Yoghurts Fresh Fruit Salad | Cherry Pie with Custard Yoghurts Fresh Fruit Salad | Treacle Sponge with custard sauce Yoghurts Fresh Fruit Salad |
| Custard Served as an Accompaniment to All Hot Desserts | | | | | |
| Daily Additions | Water Bread basket | Water Bread basket | Water Bread basket | Water Bread basket | Water Bread basket |

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|--|---------------------|--|-----------------|--|------------------|
| | Main Courses | | Salads | | Fish |
| | Vegetarian | | Desserts | | Additions |