



QUALITY FOOD
WORKING IN PARTNERSHIP

OUR FOOD
LOCAL AND SUSTAINABLE

We are strong believers in working together to ensure all pupils are supported and encouraged to live a healthy lifestyle and are provided with well-balanced food choices.

The allergens are identified on our menu, if you would like further information please email allergens@principals-catering.com

All reception, year 1 and year 2 pupils are entitled to a free school lunch. All key stage two pupils who are not eligible for a free school meal must pay in advance.

Please visit our new website where you can order meals using our upgraded online payment system. Click on the 'Buy Meals' box on our homepage.

www.principals-catering.com

We are proud to have built up a great network of local producers to supply our schools, with much of our fresh meat, fruit, salad, vegetables and eggs sourced from farms and butchers in the South East.

Some of our local producers include Gorend Farm, Walmestone Farm, The Kent Potato Company, Boundary Farm, Rumwood Farm and Bank Farm.

We also ensure all our fish is sustainably sourced and accredited by the Marine Stewardship Council.

If you love food and would like to be part of our team that produces thousands of school meals every day email jobs@principals-catering.com.

Principals, Syndale Court, Stadium Way,
Eurolink Business Park, Sittingbourne, Kent. ME10 3SP
Tel: 0800 0470319

Email: catering@principals-catering.com

Our office is open Monday to Friday 7.30am - 5pm



Principals

Principals' Pledge

We are passionate about providing the best value and nutritious school meals for your children.

We serve over 1.75 million school meals per year throughout South East England and have been cooking lunches in schools since 1980.

We pledge to produce fresh food every day in all of our kitchens, and always welcome suggestions and feedback on our menus.

www.principals-catering.com

Autumn/Winter Menu 2017/18

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
Week 1 Week commencing 4 th September, 25 th September, 16 th October, 13 th November, 4 th December, 1 st January, 22 nd January	Monday	Breaded chicken wrapster ³ Sweet chilli sauce or garlic mayonnaise ^{11,14}	Vegetable pinwheel ^{1,3,6,11}	Baked potato wedges or 1/2 jacket potato	Baked beans	Coleslaw ^{11,14}	Peach & apricot crumble ³ Custard ¹
	Tuesday	Pasta bar Penne pasta with beef bolognese ³	Pasta bar Penne pasta with tomato & basil or creamy cheese sauce ^{1,14}	Garlic bread ^{1,3,6,11}	Sweetcorn	Tomato & spinach salad	Lemon drizzle cake ^{1,3,11}
	Wednesday	Honey roasted gammon Gravy ¹²	Vegetable grill ³	Roast potatoes	Cabbage	Carrots	Ice cream ¹ / mousse ¹
	Thursday	Chicken & sweetcorn pie ^{1,3,11,12,13} Gravy ¹²	Vegetable tagine ^{12,13} Cous cous ³	Creamy mashed potato ¹	Winter root vegetables	Broccoli	Funky fruit
	Friday	Cod fish fingers ^{2,3} Poached salmon ²	Cauliflower cheese ^{1,14}	Chips	Garden peas	Baked beans	Spiced shortbread ³ Frozen raspberry yoghurt ¹
Week 2 Week commencing 11 th September, 2 nd October, 30 th October, 20 th November, 11 th December, 8 th January, 29 th January	Monday	Pizza bar Pepperoni pizza ^{1,3,6,11}	Pizza bar Margarita pizza ^{1,3,6,11}	1/2 Jacket potato	Garden salad ¹⁴	Green beans	Carrot cake ^{3,11}
	Tuesday	Mild chicken curry ¹	Oriental vegetable stir-fry ⁶	Indian bread ^{1,3,6,11}	Brown & white rice	Sweetcorn Grated carrot	Winter fruit goodie ³ Custard ¹
	Wednesday	Roast pork loin with apple sauce Gravy ¹²	Roasted vegetable pot ^{1,3,6,11}	Roast potatoes	Fresh broccoli florets	Root mash	Fruit jelly Frozen fruit smoothies
	Thursday	Minced beef cobbler ^{1,3,12}	Soya mince shepherd's pie ^{1,3,6}	Mashed potato ¹	Cabbage	Carrots	Sticky toffee sponge ^{1,3,11} Custard ¹
	Friday	Crispy battered cod ^{2,3}	Twice baked potatoes with cheddar, broccoli & butternut squash ¹	Chips	Garden peas	Baked beans	Chocolate tart ^{1,3}
Week 3 Week commencing 18 th September, 9 th October, 6 th November, 27 th November, 18 th December, 15 th January, 5 th February	Monday	Sausage bar Sausages ^{1,3,6,11,12,13} Onion gravy ¹²	Sausage bar Quorn sausage ^{1,3,11} Onion gravy ¹²	Creamy mashed potatoes ¹	Sweetcorn	Baked beans	Chocolate cake ^{1,3,11} Mandarins & chocolate sauce ¹
	Tuesday	Beef enchiladas ³	Macaroni cheese ^{1,3,14}	Seasoned baked potatoes & sweet potatoes	Steamed green beans	Garden salad ¹⁴	Funky fruit day
	Wednesday	Roast turkey with sage & onion stuffing ³ Gravy ¹²	Vegetarian quesadillas ^{1,3} Sour cream ¹	Roast potatoes	Carrots	Cauliflower	Vanilla ice cream ¹ / mousse ¹
	Thursday	BBQ chicken ^{3,6}	Bombay biryani ^{12,13}	Sunshine rice ^{12,13}	Sweetcorn	Broccoli	Jam tart ³ Custard ¹
	Friday	Battered cod goujons ^{2,3}	Mediterranean quiche ^{1,3,11}	Chips	Garden peas	Baked beans	Assorted biscuits ³



Food for life
We are proud holders of Soil Association bronze Food for Life standard



MSC
All our fish is sustainable sourced and accredited by the Marine Stewardship Council



ISO 9001
Principals is accredited to the ISO 9001/2008 quality management system



We work with butchers that source meat from farmers certified by Red Tractor and RSPCA Freedom Foods