



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.

If your child has any dietary or allergen requirements please email nicola@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.

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 william@principals-catering.com.

321 Upper Elmers End Rd, Beckenham BR3 3QP
Tel: 0208 663 6686
Email: Nicola@principals-catering.com
Our office is open Monday to Friday 7.30am - 5pm

www.principals-catering.com



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

Spring/Summer menu

2017

Week 1

Week commencing 20th February, 12th March, 17th April, 8th May, 5th June, 26th June, 17th July

Week 2

Week commencing 27th February, 20th March, 24th April, 15th May, 12th June, 3rd July

Week 3

Week commencing 6th March, 27th March, 1st May, 22nd May, 19th June, 10th July

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Homemade meatball pizza (wholemeal flour)	Paprika chicken slider with sour cream dip	Honey roasted gammon with gravy	Homemade beef lasagne	Battered fish fillet with lemon wedge or salmon fish pie
	Homemade cheese & tomato pizza (wholemeal flour)	Butternut squash & red bean risotto	Cheese & tomato quiche	Five bean chilli in a tortilla basket	Quorn dog with tomato relish
	Baked herby diced potatoes	Baked potato wedges	New potatoes with fresh parsley	Tomato & basil bread	Chips
	Mini corn cobs	Garden salad	Seasonal cabbage	Provençal vegetables	Peas
	Sweet chilli slaw	Coleslaw	Carrots	Mixed salad	Baked beans
Lemon & poppy seed cake	Apple, cinnamon & sultana oat crumble with cream	Summer berry jelly	Chocolate marble sponge with vanilla sauce	Ice Cream or strawberry mousse	
Week 2	Tuna pasta bake or cheesy topped tomato pasta	Sausage & herb roll	Roast beef & Yorkshire pudding with gravy	Lemon, thyme & garlic chicken	Fish fingers with lemon mayonnaise
	Vegetable moussaka	Soya mince shepherd's pie	Twice baked stuffed jackets (sweetcorn, red onion, peppers, peas & cheese)	Pea pakora pockets	Mixed bean wrap
	Wholemeal homemade garlic & herb focaccia	Mashed potato	Roast potatoes	New potatoes with fresh chives	Chips
	Sweetcorn	Baked beans	Cauliflower	Yoghurt slaw	Peas
	Cauliflower	Peas	Broccoli	Carrots	Baked beans
Apple flapjack	Cherry & coconut sponge with custard	Fruit & ice cream / smoothie	Pears with homemade chocolate sauce	Homemade giant custard cream	
Week 3	Meatballs & spaghetti with either a creamy tarragon & mushroom sauce or a tomato sauce	Fruity chicken curry	Roast pork & stuffing with apple sauce & gravy	Italian beef pie	Oven baked fillet of fish with lemon wedge
	Tuscan bean, sweet potato, spinach & chickpea curry with rice (50/50)	Caribbean spiced pasty with a BBQ dipping sauce	Courgette, lentil & tomato crumble	Quorn & vegetable paella	Mac & cheese
	Wholemeal paprika & herb focaccia	Garlic & herb savoury rice (50/50)	Roast potatoes		Chips
	Mexicorn	Grated sweet potato, carrots & poppy seeds	Seasonal cabbage	Herb roasted vegetables	Crushed minted peas
	Mixed salad	Broccoli	Root mash	Mixed salad	Mixed salad
Zesty lime cake	Funky fruit Tuesday	Creamy rice pudding with fruit coulis	Gingerbread with custard	Peachy pot	

Also available every day:

Jacket potatoes with fillings

Fresh breads

Fresh salads

Fresh fruit or yoghurt

