



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 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------|-------------------------------|------------------------------------------------------------------------------|
| 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 | Meat Breaded chicken wrapster ³ Sweet chilli sauce or garlic mayonnaise ^{11,14} | Vegetarian 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

Also available everyday: Jacket potatoes with fillings, assorted salads, fresh bread of the day ^{1,3,6,11}, fresh fruit or yoghurt ¹ Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard