



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](mailto: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](http://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](mailto:jobs@principals-catering.com).**

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

Email: [catering@principals-catering.com](mailto: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.

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# Autumn/Winter Menu 2017/18

Week	Day	Mains		Sides			Puddings	
		Meat	Vegetarian					
<b>Week 1</b>  Week commencing 4 <sup>th</sup> September, 25 <sup>th</sup> September, 16 <sup>th</sup> October, 13 <sup>th</sup> November, 4 <sup>th</sup> December, 1 <sup>st</sup> January, 22 <sup>nd</sup> January	Monday	Chicken fajita <sup>3</sup> , shredded iceberg lettuce & sour cream <sup>1</sup>	Tomato & basil pasta <sup>3</sup>	Potato wedges	Sweetcorn	Coleslaw <sup>11,14</sup>	Peach & apricot crumble <sup>3</sup> & custard <sup>1</sup>	
	Tuesday	Italian minced beef ragu	Vegetable tagine	Steamed rice	Broccoli	Cauliflower	Lemon drizzle cake <sup>1,3,11</sup>	
	Wednesday	Roast gammon & gravy <sup>12</sup> Roast turkey (halal)	Cauliflower cheese <sup>1,14</sup>	Roast potatoes	Cabbage	Carrots	Strawberry or vanilla ice cream <sup>1</sup>	
	Thursday	Chicken & sweetcorn pasta bake <sup>1,3,14</sup>	Mexican vegetable & rice wrap <sup>3</sup>	Sweet potato	Broccoli	Roasted root vegetables	Sliced watermelon	Cheese <sup>1</sup> & crackers <sup>3</sup>
	Friday	Breaded cod fish fingers <sup>2,3</sup>	Roasted vegetable frittata <sup>1,11</sup>	Oven chips	Baked beans	Peas	Cherry shortbread <sup>3</sup>	
<b>Week 2</b>  Week commencing 11 <sup>th</sup> September, 2 <sup>nd</sup> October, 30 <sup>th</sup> October, 20 <sup>th</sup> November, 11 <sup>th</sup> December, 8 <sup>th</sup> January, 29 <sup>th</sup> January	Monday	Chorizo pizza <sup>1,3</sup> or margherita pizza <sup>1,3</sup>	Jacket potato with baked beans & cheese <sup>1</sup>	Baked beans	Rainbow slaw <sup>11,14</sup>		Chocolate & vanilla mousse <sup>1</sup>	
	Tuesday	Mild turkey korma <sup>1</sup>	Oriental vegetable stir fry <sup>6</sup>	Coriander rice	Sweetcorn	Green beans	Carrot cake <sup>3,11</sup> & custard <sup>1</sup>	
	Wednesday	Roast chicken breast & gravy <sup>12</sup>	Macaroni cheese <sup>1,3,14</sup>	Roast potatoes	Root mash	Sauteed savoy cabbage	Frozen raspberry yoghurt	
	Thursday	Penne pasta bolognese <sup>3</sup>	Vegetable quesadilla <sup>1,3</sup> & steamed rice	Carrots	Broccoli		Tropical fruit salad	
	Friday	Battered cod fillet <sup>2,3</sup>	Twice baked jacket potato with broccoli, butternut squash & cheddar cheese <sup>1</sup>	Sauteed potatoes	Mushy peas	Baked beans	Fruit jelly	
<b>Week 3</b>  Week commencing 18 <sup>th</sup> September, 9 <sup>th</sup> October, 6 <sup>th</sup> November, 27 <sup>th</sup> November, 18 <sup>th</sup> December, 15 <sup>th</sup> January, 5 <sup>th</sup> February	Monday	Sausage pie <sup>3,11,12</sup> & gravy <sup>12</sup>	Vegetarian sausage <sup>1,3,11</sup> & yorkshire pudding	Creamed potatoes <sup>1</sup>	Baked beans	Green beans	Strawberry & vanilla mousse <sup>1</sup>	
	Tuesday	Beef lasagne <sup>1,3,14</sup>	Vegetable shepherd's pie <sup>1</sup>	Roasted cauliflower	Green beans		Fruit sponge <sup>3,11</sup> & custard <sup>1</sup>	
	Wednesday	Roast turkey with gravy	Butternut squash cannelloni <sup>1,3,14</sup>	Roast potatoes	Sauteed savoy cabbage	Carrots	Jam tart <sup>3</sup> & custard <sup>1</sup>	
	Thursday	Barbeque chicken	Five bean & vegetable chilli	Sunshine rice	Broccoli	Sweetcorn	Ice cream roll <sup>1,3</sup>	
	Friday	Poached haddock <sup>1,2</sup>	Roasted vegetable quiche <sup>1,3,11</sup>	Herb & paprika diced potatoes	Peas	Baked beans	Fruit salad	



## 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