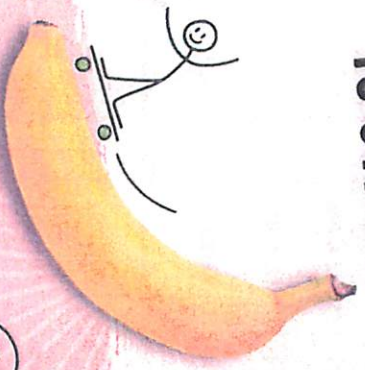


**ON YOUR WAY  
TO 5 A DAY**

**MADE FRUIT  
AND VEG IS  
THE WAY TO PLAY.**



**O-FISH-ALLY  
GOOD FOR YOU**

**THE FRESH  
COLLECTIVE**



**GET STUCK IN**

**THE FRESH  
COLLECTIVE**



**MEAT FREE  
MONDAY**



**HARVEST  
FESTIVAL**



**CLEVER  
CAKES**



We're on a Nutrition Mission. We see our role in our schools as more than just caterers - we're the food experts, the food educators and we use our marketing concepts as a vehicle to provide this knowledge and information to your pupils.

We cover a range of concepts from healthy eating to being planet friendly and provenance. We also highlight the positive effects of social eating. Studies have revealed that eating in a group and positive peer pressure can encourage children to make different choices to those they may make at home.



## A LITTLE BIT ABOUT PRINCIPALS CATERING!

We are straightforward and honest and will take you on a real journey of change. We want to be different and exciting and show you what catering for the future really means.

Why not order and pay for lunch online?

Visit our website to register\* or for further information call 0800 0470319

[www.principals-catering.com](http://www.principals-catering.com)

**Bringing you**



\*Principals operate this system in the majority of our schools. Please call 0800 0470319 or ask your school reception to see if your school is registered.

# THE *Fresh* COLLECTIVE

## AUTUMN AND WINTER MAIN MENU

Available daily : handmade bread & fresh fruit  
 Available throughout the week – jacket potatoes and fillings, pasta bar, yoghurt & Principals pantry selection



WEEK	DAY	MAINS		SIDES	PUDDINGS
		Meat	Vegetarian		
23rd Sept	Monday	Cheese & tomato pizza <sup>(1,3,5,11)</sup>	Vegetable tagine & cous cous <sup>(3)</sup>	½ baked potato, sweetcorn, baked beans	Strawberry mousse <sup>(1)</sup>
14th Oct	Tuesday	Mild Chicken curry <sup>(1)</sup>	Sweet potato & chickpea curry	Lemon & pea rice, broccoli, carrot & courgette	Pear & chocolate marble sponge <sup>(1,3,11)</sup> , chocolate sauce <sup>(1)</sup>
11th Nov	Wednesday	Roast pork & gravy	Winter casserole cobble <sup>(1,3)</sup>	Skin-on roast potatoes, cabbage, winter roots	Rice pudding <sup>(1)</sup> & jam <sup>(12)</sup>
2nd Dec	Thursday	Pasta Bolognese <sup>(3)</sup>	Tomato pasta bake <sup>(1,3)</sup>	Herby bread <sup>(1,3,5,11)</sup> , carrots, sweetcorn	Oaty apple crumble <sup>(3)</sup> & custard <sup>(1)</sup>
6th Jan	Friday	Fish fingers/salmon fishcakes <sup>(1,2)</sup>	Spinach & cheddar cheese quiche <sup>(1,3,11)</sup>	Chips, baked beans, peas	Cookie choice <sup>(3)</sup>
30th Sept	Monday	Mac & cheese <sup>(1,3,14)</sup>	Vegetable biryani	Broccoli, sweetcorn	Chocolate orange brownie <sup>(1,3,11)</sup>
28th Oct	Tuesday	Pork sausages <sup>(3,12)</sup>	Quorn sausage <sup>(1,3,11)</sup>	Mashed potato <sup>(1)</sup> , baked beans, peas	Fruit sponge <sup>(1,11)</sup> & custard <sup>(1)</sup>
18th Nov	Wednesday	Roast turkey & gravy	Vegetable lasagne <sup>(1,3,14)</sup>	Roast potatoes, carrots, cabbage	Fruit jelly
9th Dec	Thursday	Beef lasagne <sup>(1,3,14)</sup>	Tuscan bean stew & couscous <sup>(3)</sup>	Garlic bread <sup>(1,3,5,11)</sup> , garden salad, sweetcorn	Fruit salad
13th Jan	Friday	Battered fish <sup>(1,2,3)</sup>	Cheese & leek pasty <sup>(1,3)</sup>	Chips, baked beans, peas	Iced carrot cake <sup>(1,3,11)</sup>
7th Oct	Monday	Margherita pizza <sup>(1,3,5,11)</sup>	Vegetable chilli & rice	Baked potato wedges, baked beans, sweetcorn	Cherry shortbread <sup>(3)</sup>
4th Nov	Tuesday	Moroccan chicken	Mediterranean pasta bake <sup>(1,3)</sup>	Rice, broccoli, winter salad	Orchard goodie <sup>(3)</sup> & custard <sup>(1)</sup>
25th Nov	Wednesday	Roast gammon & gravy	Spinach & pepper soufflé potato <sup>(1,11)</sup>	Roast potatoes, cauliflower, carrots	Chocolate mousse <sup>(1)</sup>
16th Dec	Thursday	Chicken pie & gravy <sup>(3)</sup>	Quorn sausage & bean casserole <sup>(1,3,11)</sup>	Mashed potato <sup>(1)</sup> , peas, root vegetables	Fruit salad
20th Jan	Friday	Fish fingers <sup>(1,2)</sup>	Mixed bean wrap <sup>(3)</sup>	Chips, sweetcorn, baked beans	Ice cream <sup>(1)</sup> or yoghurt <sup>(1)</sup>



**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

**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***