



# FOURISH

## Let's make this simple!

Why not order and pay for lunch online?

- 1 Register your child/children
- 2 Choose your school and class
- 3 Choose your "Meal" days\*
- 4 Pay online

Visit

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

to register\*

For help or further information

call **0800 0470319**

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

+ If your meals are not taken on the day due to absence, your account will be automatically credited.

## Looking for the perfect job?

Do you have a friendly smile?  
Are you a good cook?  
Would you like to be part of your school's community?

Then we have the perfect job for you!

- Term time only (39wks a year)
- Monday - Friday
- Flexible hours
- Full training and support provided

If this appeals to you, please email  
[customerservices@principals-catering.com](mailto:customerservices@principals-catering.com)

Most importantly we all have great fun, feeding fabulous food to inquisitive young people and its our job to make this a great experience.

If you believe you can make that impression then come along and join the team.



Principals

Syndale Court, Stadium Way,

Eurolink Business Park, Sittingbourne, Kent ME10 3SP

Tel: **0800 0470319**

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

Our office is open Monday to Friday, 7:30am - 5pm



# Principals

Spring/Summer

2019

## A little bit about Principals

Principals is one of the UK's longest-established school caterers and has been serving delicious fresh food to children for 26 years.

With all this experience under our belts we really know our onions, sourced, like much of our produce, from British farms!

## Our food

We are fanatical about food and healthy eating and are proud of our 'cook from scratch' approach. Most of our vegetables, meat and eggs come from Kent and our suppliers are certified to national standards that ensure high quality and excellent animal welfare.

Our menus are created to make the most of seasonal ingredients and are accredited to the Food for Life standard by the Soil Association. We will offer two hot choices daily (meat or fish and vegetarian) and our salad bar is legendary, with a mixture of simple and big bowl salads and lots of delicious dressings and toppings.



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



# Spring/Summer 2019 Main Menu

Available daily: Jacket potatoes with assorted fillings, fresh salads and baked bread.

Week	Day	Mains	Sides	Puddings	
<b>1</b> WEEK COMMENCING: 25th Feb 18th Mar 22nd April 13th May 3rd June 24th June 15th July	<b>Monday</b>	Meat Margherita pizza (1,3,6,11)	Vegetarian Mixed bean enchilada (3)	Baked potato wedges, broccoli, coleslaw (11) Chocolate mousse (1), fresh fruit	
	<b>Tuesday</b>	Chicken meatballs in tomato sauce (6)	Soya mince bolognese (3,8)	Spaggetti (6), green beans, crunchy vegetable salad Fruit crumble (3) & custard (6), Fresh fruit	
	<b>Wednesday</b>	Roast pork & gravy Pineapple & sweet chilli chicken	Foccoll & roasted pepper soufflé potato (1,11) Mac n cheese (1,3,14)	Skin on roast potatoes, cabbage, carrots Rice, sweetcorn, garden salad Chips, baked beans, peas	Fresh fruit salad, orange shortbread (6), fresh fruit Lemon drizzle cake (3,11), fresh fruit Vanilla ice cream (6), Fresh fruit
	<b>Thursday</b>	Cod fish fingers (6,9) Salmon fishcakes (6,9)	BBO bean patty (3) & summer slaw (3)	Chips, baked beans, peas	
	<b>Friday</b>	Cheese & tomato twist (1,11)	Moroccan stuffed pepper (6)	Garlic & herb bread (1,3,6,11), green beans, rainbow slaw (11) Sweetcorn, vegetable crudités	Courgette & lime cake (6,11), fresh fruit Crispie Cake (6), fresh fruit
<b>2</b> WEEK COMMENCING: 4th Mar 25th Mar 29th April 20th May 10th June 1st July 22nd July	<b>Monday</b>	Chicken pasta bake (1,3)	Cauliflower curry with spiced tortilla shards (6) & rice Quorn sausage roll (1,3,11)	Fruit sponge (1,3,11) & custard (6), fresh fruit Fresh fruit salad, fresh fruit	
	<b>Tuesday</b>	Roast gammon & gravy Italian beef ragu	Quorn sausage roll (1,3,11) Baked bean quesadilla (1,3)	Roast potatoes, braised red cabbage, carrots Rice, broccoli, garden salad	Chocolate cookie (6), fresh fruit
	<b>Wednesday</b>	Battered cod (1,3,9)	Twice baked potatoes (1)	Chips, baked beans, peas	
	<b>Thursday</b>	Wholemeal pasta (6) & tuscan bean sauce	Wholemeal pasta (6) & cheese sauce (9)	Green beans, garden salad	Dutch apple cake (1,11), fresh fruit
	<b>Friday</b>	Sausage (1,3,11) baguette (6) with onions Roast beef & gravy	Courgette, pea & mint fritata (1,11) Cauliflower cheese (1,14)	Baked potato wedges, coleslaw (11), BBO beans Roast potatoes, cabbage, carrots	Sultana & cinnamon swirl (1,3), fresh fruit Fruit salad, fresh fruit
<b>3</b> WEEK COMMENCING: 11th Mar 18th Mar 22nd April 13th May 3rd June 24th June 15th July	<b>Monday</b>	Pasta bar Wholemeal pasta (6) & tuscan bean sauce	Green beans, garden salad	Chocolate sponge (1,11) & chocolate sauce (1) Fresh fruit	
	<b>Tuesday</b>	Sausage (1,3,11) baguette (6) with onions	Courgette, pea & mint fritata (1,11)		
	<b>Wednesday</b>	Roast beef & gravy	Cauliflower cheese (1,14)	Roast potatoes, cabbage, carrots	Fruit salad, fresh fruit
	<b>Thursday</b>	Neapolitan chicken	Sweet potato & lentil dahl	Rice, broccoli & carrot, sultana & apple salad (11)	Chocolate sponge (1,11) & chocolate sauce (1) Fresh fruit
	<b>Friday</b>	Fish fingers (6,9)	Quorn sausage (1,3,11) baguette (6)	Chips, baked beans, peas	Strawberry mousse (6), fresh fruit



**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 9001/2015 quality management system



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

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Eggs, 12. Sulphite, 13. Celery, 14. Mustard  
\*Menu is subject to change should ingredients be unavailable\*