



## 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<sup>+</sup>
- 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.

<sup>+</sup> 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 your CV to [customerservices@principals-catering.com](mailto:customerservices@principals-catering.com)

Most importantly we all have great fun, feeding fabulous food to inquisitive young people and it's 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

Autumn/Winter  
menu 2018-19

## 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)

# Autumn/Winter menu 2018-19

Available everyday: Baked jacket potatoes, fresh bread <sup>1,3,6,11</sup> and fresh fruit

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
<b>1</b> Commences 3rd Sep 24th Sep 15th Oct 12th Nov 3rd Dec 31st Dec 21st Jan 11th Feb	Monday	French bread cheese & tomato pizza <sup>1,3</sup>	Soya mince bolognese <sup>6</sup>	Penne pasta <sup>3</sup>	Sweetcorn	Salad choice	Apple goodie <sup>3</sup> & custard <sup>1</sup>
	Tuesday	Pork cowboy casserole <sup>14</sup>	Root vegetable cobbler <sup>1,3</sup>	Creamy mashed potato <sup>1</sup>	Savoy cabbage	Green beans	Rice pudding <sup>1</sup> & jam
	Wednesday	Roast turkey, stuffing <sup>3</sup> & gravy	Cheese, leek & potato pie <sup>1,3</sup>	Roast potatoes	Winter root vegetables		Ice cream <sup>1</sup> / mousse <sup>1</sup>
	Thursday	Oriental chicken <sup>6</sup>	5 bean chilli & tortilla shards <sup>3</sup>	Brown & white rice	Salad choice	Broccoli	Upside-down fruit sponge <sup>3,11</sup> & custard <sup>1</sup>
	Friday	Salmon fishcake <sup>2,3</sup> or pork sausages <sup>3,12</sup>	Roasted squash, spinach & cheddar frittata <sup>1,11</sup>	Chips	Peas	Baked beans	Chocolate cookie <sup>3</sup>
<b>2</b> Commences 10th Sep 1st Oct 29th Oct 19th Nov 10th Dec 7th Jan 28th Jan	Monday	Macaroni cheese <sup>1,3,14</sup>	Vegetable biryani	Green beans	Sweetcorn		Flapjack <sup>3</sup>
	Tuesday	Minced beef & vegetable pie <sup>3,11</sup>	Roasted pepper, cheddar & broccoli strudel <sup>1,3,11</sup>	Mashed potatoes <sup>1</sup>	Savoy cabbage	Carrots	Ginger sponge <sup>3,11</sup> & custard <sup>1</sup>
	Wednesday	Roast gammon & gravy	Mixed bean & vegetable hot pot	Roast potatoes	Winter vegetable medley		Fruit jelly & cream <sup>1</sup>
	Thursday	<b>Sub-station</b> Meatball sub <sup>3</sup> & tomato sauce	<b>Sub-station</b> Falafel sub <sup>3</sup> & tomato sauce	Lemon cous cous <sup>3</sup>	Broccoli	Salad choice	Fruit crumble <sup>3</sup> & custard <sup>1</sup>
	Friday	Battered cod <sup>1,2,3</sup>	Vegetable burger with apple <sup>3,7</sup> & red cabbage slaw <sup>11</sup>	Chips	Peas	Baked beans	Ice cream <sup>1</sup> / mousse <sup>1</sup>
<b>3</b> Commences 17th Sep 8th Oct 5th Nov 26th Nov 17th Dec 14th Jan 4th Feb	Monday	Soya mince chill <sup>6</sup>	Margherita pizza <sup>1,3,6,11</sup>	Baked potato wedges	Broccoli	Salad choice	Frozen fruit smoothie
	Tuesday	Chicken Casserole <sup>13</sup>	Shepherdess pie <sup>13</sup>	Parsley mash <sup>1</sup>	Savoy cabbage	Sweetcorn	Jam tart <sup>3</sup> & custard <sup>1</sup>
	Wednesday	Roast pork loin, apple sauce & gravy	Vegetable grill <sup>3</sup>	Roast potatoes	Carrots	Braised red cabbage	Gingernut cookie <sup>3</sup>
	Thursday	Sausage & tomato pasta bake <sup>1,3,12</sup>	Butternut squash & aubergine curry	Brown & white rice	Cauliflower	Green beans	Fruit jelly
	Friday	Fishfingers <sup>2,3</sup>	Broccoli & tomato quiche <sup>1,3,11</sup>	Chips	Peas	Baked beans	Banana cake <sup>3,11</sup>



**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. Egg, 12. Sulphite, 13. Celery, 14. Mustard