



## 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

## Spring/summer menu 2018

## 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 menu 2018

Available everyday: Salads, jacket potatoes with baked beans, cheese <sup>1</sup> or coleslaw <sup>11,14</sup>, fresh bread <sup>1,3,6,11</sup>, fruit yoghurt <sup>1</sup> and fresh fruit

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
<b>1</b> Commences 19 <sup>th</sup> February 12 <sup>th</sup> March 16 <sup>th</sup> April 7 <sup>th</sup> May 4 <sup>th</sup> June 25 <sup>th</sup> June 16 <sup>th</sup> July	Monday	Meat free Monday	Vegetarian rainbow pizza <sup>1,3,6,11</sup>	Seasoned baked potato boat	Baked beans	Mixed salad	Ice cream <sup>1</sup> or frozen mousse <sup>1</sup>
	Tuesday	Picnic Day					Cake selection <sup>3,11</sup>
	Wednesday	Roast turkey, stuffing <sup>3</sup> & gravy <sup>3</sup>	Vegetable omelette <sup>1,11</sup>	Roast potatoes	Seasonal greens	Cauliflower	Fruit jelly
	Thursday	Pork meatballs & gravy <sup>3</sup>	Quorn sausage <sup>1,3,11</sup> & onion gravy <sup>3</sup>	Mashed potato <sup>1</sup>	Green beans	Carrots	Apple Sponge <sup>3,11</sup> & custard <sup>1</sup>
	Friday	Battered fish fillet <sup>2,3</sup> & tartare sauce <sup>11,14</sup>	Vegetable fajita <sup>1,3</sup>	Chips	Peas	Baked beans	Wholemeal oat cookie <sup>3</sup> & milk <sup>1</sup>
<b>2</b> Commences 26 <sup>th</sup> February 19 <sup>th</sup> March 23 <sup>rd</sup> April 14 <sup>th</sup> May 11 <sup>th</sup> June 2 <sup>nd</sup> July 23 <sup>rd</sup> July	Monday	Hot dog <sup>3,12</sup> , caramelised onions & sauces	Quorn dog <sup>1,3,11</sup> , caramelised onions & sauces	Seasoned wedges	Sweetcorn	Salad	Strawberry mousse <sup>1</sup> /mango & vanilla yoghurt <sup>1</sup>
	Tuesday	Chicken wrap <sup>3</sup>	Tomato & basil pasta with cheese <sup>1,3</sup>	Savoury rice	Green beans	Crudites	Fruit ripple sponge <sup>3,11</sup> & custard <sup>1</sup>
	Wednesday	Roast gammon & gravy <sup>3</sup>	Vegetable & lentil hot pot	Roast potatoes	Seasonal greens	Carrots	Fruit & ice cream <sup>1</sup>
	Thursday	Jacket potato bar choice of fillings including cheese, tuna and Bolognese sauce	Vegetable paella	Mediterranean bread <sup>1,3,6,11</sup>	Broccoli	Coleslaw <sup>11,14</sup>	Choice of cookie <sup>3</sup>
	Friday	Fish fingers <sup>2,3</sup> or salmon fishcake <sup>2,3</sup>	Tomato & cheese quiche <sup>1,3,11</sup>	Chips	Peas	Baked bean	Iced finger bun <sup>3,7</sup>
<b>3</b> Commences 5 <sup>th</sup> March 26 <sup>th</sup> March 30 <sup>th</sup> April 21 <sup>st</sup> May 18 <sup>th</sup> June 9 <sup>th</sup> July	Monday	Jacket potato bar (2 fillings) with spicy beans, coleslaw <sup>11,14</sup> , cheese <sup>1</sup>	Vegetable chilli	Rice	Salads from the salad bar		Chocolate sponge <sup>3,11</sup> with pear compote & chocolate sauce <sup>1</sup>
	Tuesday	Chicken and vegetables	Broccoli & cauliflower cheese <sup>1,14</sup>	Creamed potatoes <sup>1</sup>	Peas	Carrots	Fruit salad
	Wednesday	Roast chicken, apple sauce & gravy <sup>3</sup>	Lentil & vegetable loaf	Roast potatoes	Cauliflower	Cabbage	Ice cream <sup>1</sup> or frozen yoghurt <sup>1</sup> or mousse <sup>1</sup>
	Thursday	Pasta with bolognese sauce <sup>3</sup>	Pasta with cheese <sup>1,14</sup> or tomato sauce	Mexicorn	Tomato & basil salad		Fruit Jelly
	Friday	Fish fingers <sup>2,3</sup>	Caribbean patties <sup>1,3</sup>	Chips	Peas	Baked beans	Crispie cake <sup>3</sup> & milk <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



## 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