

Week 1

# Rhodes Avenue Primary School Menu

Autumn Term 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Butchers sausage <b>(Su,G)</b>	Chicken curry with rice and mango chutney <b>(none)</b>	Roast turkey or beef with Yorkshire pudding <b>(Mk,E,G)</b>	Beef Lasagne <b>(So, Mk, E,G)</b>	Baked Pollock fish fillet Baked fish fingers <b>(Mu,E,G,F)</b>
VEGETARIAN MAIN MEAL	Quorn sausage <b>(G,E,Mk)</b>	Quorn, sweet potato and spinach curry <b>(E)</b>	Potato, Cheese and onion puff pastry pie <b>(Mk,E,G,)</b>	Roasted vegetable pizza <b>(Mk,G)</b>	Pepper and cheddar wholemeal quiche <b>(Mk,E,G)</b>
CARBOHYDRATE	Creamy mash potato <b>(Mk)</b>	Saffron rice	Crunchy roasted potatoes	Spicy jacket wedges	Baked oven chips
VEGETABLES	Roasted vegetables ... Baked beans	Sweetcorn ... Green beans	Broccoli florets ... Roasted vegetables	Green beans ... Sweet corn	Garden peas ... Baked beans
DESSERT	Tropical fruit salad	Chocolate sponge pudding with chocolate sauce <b>(G,Mk,E)</b>	Fruit jelly with ice cream <b>(Mk)</b>	Rice pudding with fruit jam <b>(Mk)</b>	Sultana flapjack <b>(Mk,G)</b>

SEP 22nd

indian DAY

OCT 13th

ITALIAN DAY

NOV 3rd

BONFIRE NIGHT

DEC

★★★  
Your Special Christmas lunch

Salad bar, fresh breads, and a delicious selection of cold desserts: yoghurts and fresh fruits every day!

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 1 menu commencing: 5 Sep, 26 Sep, 17 Oct, 14 Nov 5 Dec

**LOOK OUT!**  
ALLERGENS

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten  
L = Lupin

Mk = Milk  
Mo = Molluscs  
Mu = Mustard

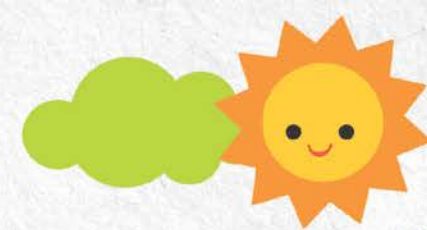
N = Nuts  
P = Peanuts  
Se = Sesame Seeds

So = Soya  
Su = Sulphur Dioxide

Week 2

# Rhodes Avenue Primary School Menu

Autumn Term 2016



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Penne pasta in a tomato sauce with red salmon <b>(G,F)</b>	Chicken thighs	Roast turkey breast with cranberry sauce <b>(G)</b>	Chilli con carne in a tomato sauce <b>(Mu)</b>	Pollock fillet or baked fish fingers <b>(G,F,Mu,E)</b>
VEGETARIAN MAIN MEAL	Penne pasta in a white sauce <b>(Mk,G,)</b>	Quorn vegetable curry <b>(Mk,E,G)</b>	Creamy vegetable and herb risotto <b>(Su,Mk,Ce)</b>	Vegetable chilli <b>(Mu,Ce)</b>	Macaroni cheese bake <b>(G,Mk,)</b>
CARBOHYDRATE	Penne pasta <b>(G)</b>	Steamed rice	Crunchy roasted potatoes	Rice and peas	Baked oven chips
VEGETABLES	Sweetcorn ... Broccoli florets	Cauliflower and broccoli ... Green beans	Savoy cabbage ... Carrots	Mixed vegetables ... Sweetcorn and roasted peppers	Garden peas ... Baked beans
DESSERT	Tropical fruit salad	Lemon drizzle cake <b>(Mk,G,E)</b>	Shortbread <b>(Mk,G)</b>	Apple pudding with custard Or fresh fruit bowl <b>(Mk,E,G)</b>	Chocolate brownie <b>(Mk,E,G)</b>

SEP 22nd



OCT 13th



NOV 3rd



DEC



Salad bar, fresh breads, and a delicious selection of cold desserts: yoghurts and fresh fruits every day!

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 2 menu commencing: 12 Sep, 3 Oct, 31 Oct, 21 Nov, 12 Dec



*Ce = Celery*  
*Cr = Crustacean*  
*E = Eggs*

*F = Fish*  
*G = Cereals containing Gluten*  
*L = Lupin*

*Mk = Milk*  
*Mo = Molluscs*  
*Mu = Mustard*

*N = Nuts*  
*P = Peanuts*  
*Se = Sesame Seeds*

*So = Soya*  
*Su = Sulphur Dioxide*

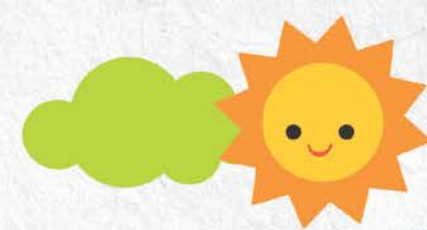




Week 3

# Rhodes Avenue Primary School Menu

Autumn Term 2016



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spaghetti bolognaise (G,So,Mk)	Turkey enchiladas in tomato sauce (Mu,Mk,G)	Roast chicken and gravy (G)	Tuna pasta bake in a tomato sauce (G,F)	Baked pollock fish fillet or fish fingers (Mu,F,E,G)
VEGETARIAN MAIN MEAL	Vegetable mince bolognaise (So,G)	Sweet and sour stir fried quorn with noodles (Mk,E,G)	Potato gnocchi in a tomato sauce (G,Mk)	Penne pasta in a white sauce (Mk,G)	Roasted pepper, onion and courgette cheddar quiche (Mk,E,G)
CARBOHYDRATE	Spaghetti	Steamed fluffy rice	Crunchy roasted potatoes	Herb bread (G)	Oven baked chips
VEGETABLES	Green beans ... Sweetcorn	Broccoli and cauliflower ... Carrots	Roasted vegetables ... Cabbage	Mixed vegetables ... Courgettes and carrots	Garden peas ... Baked beans
DESSERT	Tropical fruit salad	Mixed fruit crumble with custard (G,Mk,)	Fruit jelly with ice cream (Mk)	Jamaican ginger cake (G,Mk,E)	Carrot cake (G,E)

SEP 22nd

OCT 13th

NOV 3rd

DEC

Salad bar, fresh breads, and a delicious selection of cold desserts: yoghurts and fresh fruits every day!

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 3 menu commencing: 19 Sep, 10 Oct, 7 Nov, 28 Nov, 19 Dec



Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten  
L = Lupin

Mk = Milk  
Mo = Molluscs  
Mu = Mustard

N = Nuts  
P = Peanuts  
Se = Sesame Seeds

So = Soya  
Su = Sulphur Dioxide

