

WEEK 1 MENU

Rhodes Avenue SPRING TERM

Look out for this icon on our menus for a better choice for you!



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Spaghetti bolognaise (G)	Lamb Rogan Josh with naan bread (G,So,Mk)	Roast beef with Yorkshire pudding and gravy (Mk,E,G)	Mexican chicken enchiladas (G,Mk)	Oven baked battered pollock fillet Or Fish fingers (F,G)
Vegetarian	Tomato red pepper and basil spaghetti (G)	Mediterranean vegetable lasagne (Ce,Su,MK,G)	Sweet and sour vegetable quorn with noodles (E,G,Mk)	Five bean chilli con carne (Ce,Mu)	Macaroni cheese (G,Mk)
Carbohydrates	Garlic bread (G,Mk)	Steamed rice	Roasted potatoes	Savoury rice	Baked oven chips
Vegetables	Courgette and mushrooms ... Sweetcorn	Fresh mixed vegetables ... Green beans	Carrots ... Cabbage	Sweetcorn ... Broccoli	Peas ... Baked beans
Dessert	Fresh fruit platter (none)	Chocolate sponge with chocolate sauce (G,E,Mk)	Fresh fruit pots (None)	Flap jack (G,Mk,Su)	Fresh fruit salad (none)

Salad bar, jacket potatoes, fresh bread, and selection of homemade cold desserts, yoghurts

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

SPECIAL DAYS!

JANUARY 26TH

Australian Day

FEBRUARY 26TH

Pancake DAY

MARCH 23RD

SPORT RELIEF

APRIL 25TH

St. George's DAY

accent catering

Week 1 menu commencing: 1 January, 22 January, 19 February, 12 March

For more info visit:
www.accentcatering.com

HERB OF THE MONTH! ...



JANUARY RADICAL ROSEMARY!



FEBRUARY POWERFUL PARSLEY!



MARCH COURAGEOUS CHIVE!



APRIL CAPTAIN CORIANDER!

WEEK 2 MENU

Rhodes Avenue SPRING TERM

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Butcher's sausage and gravy (Su)	Pasta bolognaise (G)	Roast chicken with cranberry sauce Yorkshire pudding and gravy (G,Mk,E)	Southern spiced breaded chicken (E,G)	Baked fish fingers (G,F) or Battered Pollock (G,F)
Vegetarian	Quorn sausage and gravy (E,Mk,G)	Tomato and onion quiche (G,Mk,E)	Cheese, onion and potato pie (E,Mk,G)	Mexican vegetable quesadilla with sour cream (Mk,G)	Potato, onion and spinach omelette (Mk,E)
Carbohydrates	Mashed potato (Mk)	Garlic bread (G,Mk,So)	Roasted potatoes	Savoury rice	Baked oven chips
Vegetables	Broccoli and cauliflower ... Peas	Carrots ... Green beans	Roasted vegetables ... Carrots	Coleslaw (Mu,E) ... Sweetcorn	Garden peas ... Baked beans
Dessert	Fresh fruit salad (none)	Chocolate cookie (G,E,Mk)	Fruit pots (None)	Jelly and ice cream (Mk)	Fresh fruit salad (none)

Salad bar, jacket potatoes, fresh bread, and selection of homemade cold desserts, yoghurts

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SPECIAL DAYS!

JANUARY 26TH



FEBRUARY 26TH



MARCH 23RD



APRIL 25TH



accent catering

Week 2 menu commencing: 8 January, 29 January, 26 February, 19 March

For more info visit:
www.accentcatering.com

HERB OF THE MONTH!



JANUARY RADICAL ROSEMARY!



FEBRUARY POWERFUL PARSLEY!



MARCH COURAGEOUS CHIVE!



APRIL CAPTAIN CORIANDER!

WEEK 3 MENU

Rhodes Avenue SPRING TERM

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HERB OF THE MONTH!
...



JANUARY
RADICAL
ROSEMARY!



FEBRUARY
POWERFUL
PARSLEY!



MARCH
COURAGEOUS
CHIVE!



APRIL
CAPTAIN
CORIANDER!

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BBQ chicken (Su)	Mexican beef taco with a choice of toppings (Mu,Mk,G)	Roast turkey with Yorkshire pudding and gravy (G,Mk,E)	Meat feast pizza (Mk,G)	Cod fish fingers (F,G)
Vegetarian	Stuffed peppers with rice and tomato sauce (Ce,Su)	Mexican vegetable quesadilla with sour cream (G,Mk,Mu)	Butternut squash and leek dauphinoise (Mk,Su,Ce)	Roasted vegetable and basil focaccia pizza (G,Mk)	Vegetable and chickpea paella (Ce,Su)
Carbohydrates	Sweetcorn rice	Spicy rice	Roasted potatoes	Spiced jacket wedges	Baked oven chips
Vegetables	Coleslaw (E,Mu) ... Steamed broccoli	Carrots ... Sliced green beans	Sliced green beans ... Cabbage	Sweetcorn ... Fresh mixed vegetables	Baked beans ... Peas
Dessert	Fresh fruit platter (none)	Apple and berry crumble with custard (G,Mk)	Fresh fruit pots (None)	SPICED carrot cake with cream cheese topping (Mk,E,G)	Fresh fruit salad (none)

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SPECIAL DAYS!

JANUARY 26TH



FEBRUARY 26TH



MARCH 23RD



APRIL 25TH



accent
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Week 3 menu commencing: 15 January, 5 February, 19 February, 5 March, 26 March

For more info
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www.accentcatering.com