

Week 1

Rhodes Avenue School Menu

Autumn Term 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spaghetti bolognaise (G,E)	Lamb Rogan Josh with mango chutney (none)	Roast beef with Yorkshire pudding and gravy (Mk,E,G)	Mexican chicken enchiladas (G,Mk,Mu)	Oven baked battered pollock fillet Or fish fingers (F,G,Mu,E)
VEGETARIAN MAIN MEAL	Pancakes with mozzarella and roasted vegetables (Mk,E,G)	Spring vegetable and lentil curry with rice (Ce,Su)	Sweet and sour vegetable quorn with noodles (Mk,G,E)	Five bean chilli con carne with nacho (Ce,G,E,Mu)	Macaroni cheese (Ce,G,E,Mu)
CARBOHYDRATE	Garlic bread (G,Mk)	Steamed rice	Roasted potatoes	Savoury rice	Baked oven chips
VEGETABLES	Courgette and oregano ... Sweetcorn	Fresh mixed vegetables ... Green beans	Carrots ... Cabbage	Sweetcorn ... Broccoli	Peas ... Baked beans
DESSERT	Fresh fruit platter (none)	Bake pear and chocolate sponge with chocolate sauce (Mk,E,G)	Fresh fruit pots (None)	Sultana flap jack (Mk,G,Su)	Fresh fruit salad featuring fruit of the month (none)

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

Week 1 menu commencing: 4 September, 25 September, 16 October, 13 November, 4 December

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

 = Reduced sugar

SEP 21ST

ITALIAN
DAY

OCT 19TH


HAPPY
Diwali

NOV 3RD

BONFIRE
NIGHT

DECEMBER

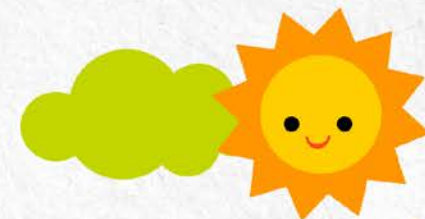
Your Special
Christmas
lunch

 = Reduced sugar

Week 2

Rhodes Avenue School Menu

Autumn Term 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Butcher's sausage and gravy (So,G,E)	Meat balls in a rich tomato sauce (G,E)	Roast chicken with stuffing, Yorkshire pudding and gravy (G,Mk,E)	Sancho Pollo breaded chicken (E,G)	Salmon fish cake (Mu,Mk,E,G,F)
VEGETARIAN MAIN MEAL	Quorn sausage and gravy (E,Mk,G)	Warm pitta pockets with vegetables (Mu,Mk,G)	Cheese, onion and potato pie (E,Mk,G)	Mexican vegetable quesadilla with sour cream (Mk,G)	Potato, onion and spinach omelette (Mk,E)
CARBOHYDRATE	Mashed potato (Mk)	Spicy rice	Roasted potatoes	Spicy wedges	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 featuring fruit of the month (none)

SEP 21ST



OCT 19TH



NOV 3RD



DECEMBER



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

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Week 2 menu commencing: 11 September, 2 October, 30 October, 20 November, 11 December

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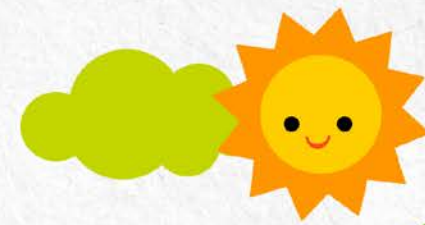
 = Reduced sugar



Week 3

Rhodes Avenue School Menu

Autumn Term 2017



	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 MAIN MEAL	Stuffed peppers with rice and tomato sauce (Ce,Su)	Mexican vegetable quesadilla with sour cream (G,Mk,Mu)	Vegetable and potato pie with shortcrust pastry (Mk,G,E,Ce,Su)	Roasted vegetable and basil focaccia pizza (G,Mk)	Vegetable and chickpea paella (Ce,Su)
CARBOHYDRATE	Sweetcorn rice	Spicy rice	Roasted potatoes	Spiced jacket wedges	Baked oven chips
VEGETABLES	Coleslaw (E,Mu) ... Steamed broccoli	Carrots ... Cabbage	Sliced green beans ... Carrots	Sweetcorn ... Baked beans	Baked beans ... Peas
DESSERT	Fresh fruit platter (none) 	Peach crumble with custard (G,Mk)	Fresh fruit pots (None) 	Chocolate brownie (Mk,E,G,So)	Fresh fruit salad featuring fruit of the month (none) 

SEP 21ST

ITALIAN
DAY

OCT 19TH

HAPPY
Diwali

NOV 3RD

BONFIRE
NIGHT

DECEMBER

★ ★ ★
Your Special
Christmas
lunch

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Week 3 menu commencing: 18 September, 9 October, 6 November, 27 November, 18 December

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