

WEEK 1

5th Sep, 26th Sept, 17th Oct,
14th Nov and 5th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken tortilla wrap with tomato sauce
(G,Mu,Mk)

Oven baked sausages
(G,Su)

Roast Turkey, Yorkshire pudding and roast gravy
(G,E,Mk)

The Rhodes Avenue Pasta Bar

Breaded fish fingers
(G,F)

Veggie
MEAT FREE

Vegetable tortilla wrap with tomato sauce
(G,Mu,Mk)

Veggie Quorn sausages
(G,Mk,E)

Potato and vegetable samosa
(G,Mu)

Pasta served with a selection of freshly made sauces

Cheese and tomato quiche
(G,Mk,E)

veg
EXTRA GOOD

Roasted carrots

Peas

Baked beans

Broccoli

Peas

Carrots

A selection of salads, grated cheese and olives

Baked beans

Garden peas

Carbs
FUEL FOOD

Savoury rice

Mashed potato
(Mk)

Roast potatoes

Freshly made Garlic Bread
(G,Mk)

Baked oven chips

Dessert
SOMETHING SWEET

Chocolate cake with chocolate custard
(G,Mk,E)

Fresh Fruit and Yoghurts
(Mk)

Jam and coconut sponge with custard
(G,Mk,E)

Fresh Fruit and Yoghurts
(Mk)

Banana cake
(G,Mk)

Jacket potatoes, salad bar, cold desserts and fresh fruit available daily.

Red
September

Orange
October
6th - Superhero Day

Yellow
November
21st - World Cup

White
December
Christmas Market

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

12th Sep, 3rd Oct, 31st Oct,
21st Nov and 12th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild chicken
curry

Shepherds pie
(Su,So,Mk,G,Ce)

Roast Chicken,
Yorkshire Pudding
and Roast Gravy
(G,E,Mk)

**The Rhodes
Avenue
Pasta Bar**

Breaded fish
fingers
(G,F)

Veggie
MEAT FREE

Mixed vegetable
curry

Vegetarian
shepherds pie
(Su,So,Mk,G,Ce)

Chinese
vegetables with
noodles
(G,So,E)

Pasta served with
a selection of
freshly made
sauces

Macaroni and
cheese
(G,Mk)

veg
EXTRA GOOD

Peas

Broccoli

Carrots

A selection of
salads, grated
cheese and olives

Baked beans

Baked beans

Green beans

Garden peas

Carbs
FUEL FOOD

Steamed rice

Roast new
potatoes

Freshly made
Garlic Bread
(G,Mk)

Baked oven
chips

Dessert
SOMETHING SWEET

Lemon sponge
and custard
(G,MK,E)

Fresh fruit
and
Yoghurts
(Mk)

Carrot cake
(G,Mk,E)

Fresh fruit
and
Yoghurts
(Mk)

Chocolate rice
crispy cake
(G,So,Mk)

Jacket potatoes, salad bar, cold desserts and fresh fruit available daily.

Red
September

Orange
October
6th - Superhero Day

Yellow
November
21st - World Cup

White
December
Christmas Market

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WEEK 3

19th Sep, 10th Oct,
7th Nov and 28th Nov

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Beef tacos,
sour cream,
grated cheese
(G,Mk)

Classic margarita
pizza slice
(So,Mk,G) with
Dipping Sauces

Roast chicken,
Yorkshire pudding
and roast gravy
(G,E,Mk)

**The Rhodes
Avenue
Pasta Bar**

Breaded fish
fingers
(G,F)

Veggie
MEAT FREE

Vegetable tacos,
sour cream,
grated cheese
(Mk,G)

Roasted vegetable
pizza slice
(So,Mk,G)

Cherry tomato
and pesto puff
pastry tart
(G,Mk,E)

Pasta served with
a selection of
freshly made
sauces

Potato and
pea frittata
(Mk,E)

veg
EXTRA GOOD

Chefs Salad

Courgettes

Broccoli Florets

Green Beans

Carrots

Green beans

A selection of
salads, grated
cheese and olives

Baked beans

Garden peas

Carbs
FUEL FOOD

Savoury rice and
Peppers

Potato wedges

Roast new
potatoes

Freshly made
Garlic Bread
(G,Mk)

Baked oven
chips

Dessert
SOMETHING SWEET

Chocolate
marble cake
(G,Mk,E)

Fresh fruit
and
Yoghurts
(Mk)

Cornflake tart
and custard
(G,Mk,E)

Fresh fruit
and
Yoghurts
(Mk)

Apple sponge
with custard
(G,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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Orange
October
6th - Superhero Day

Yellow
November
21st - World Cup

White
December
Christmas Market

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