

# WEEK 1

08/01/24, 29/01/24,  
26/02/24, 18/03/24

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains HAPPY TUMS

Chinese Vegetable  
Stir Fry  
(Ce, E, G, Mu, So)

Honey & BBQ  
Glazed Chicken

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

The Rhodes Avenue  
Pasta Bar  
*Check Daily for Allergens*

Battered Pollock  
(F, G)  
or  
Fish Fingers  
(F, G)

## Veggie MEAT FREE

Sweet and Sour  
Vegetable Stir Fry  
(G, So)

Honey & BBQ Glazed  
Grilled Vegetables

Butternut Squash and  
Cherry Tomato Crumble  
(G, Mk)

The Rhodes Avenue  
Pasta Bar  
*Check Daily for Allergens*

Cheese, Tomato and  
Roasted Onion Quiche  
(E, G, Mk)

## veg EXTRA GOOD

Soy and Ginger  
Roasted Greens  
(G, So)

Sweetcorn  
Broccoli

Carrots  
Steamed Cabbage

Salads, Cheese  
and Olives  
*Check Daily for Allergens*

Garden Peas  
Baked Beans

## Carbs FUEL FOOD

Egg Noodles  
(E, G)

Savoury Rice

Roast Potatoes

Garlic Bread  
(G, Mk, So)

Chips

## Dessert SOMETHING SWEET

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Chocolate  
Marble Cake  
(E, G, Mk)

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Carrot Cake  
(E, G, Mk)

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Jacket Potatoes, salad bar and fresh fruit available daily.

**Green**  
January

18th - Hungry Caterpillar Day

**Purple**  
February

9th - Chinese New Year

**Red**  
March

7th - World Book Day  
15th - Red Nose Day

**Orange**  
April

23rd - St George's Day

## 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

15/01/24, 05/02/24,  
04/02/24, 25/03/24

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Creamy Chicken  
Korma Curry  
(Mk, Mu)

Roasted Vegetable  
Focaccia Pizza  
(E, G, Mk)

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

The Rhodes Avenue  
Pasta Bar  
*Check Daily for Allergens*

Battered Pollock  
(F, G)  
or  
Fish Fingers  
(F, G)

## Veggie

MEAT FREE

Potato and Chick Pea  
Southern Indian Curry  
(Mk, So)

Margherita  
Focaccia Pizza  
(E, G, Mk)

Hidden Veggie  
Sausage Rolls  
(E, G)

The Rhodes Avenue  
Pasta Bar  
*Check Daily for Allergens*

Spinach and Mozzarella  
Cannelloni Bake  
(Ce, E, G, Mk, Mu, So)

## veg

EXTRA GOOD

Sweetcorn

Classic Coleslaw  
(E, Mk, Mu, Su)

Steamed Cabbage

Salads, Cheese  
and Olives  
*Check Daily for Allergens*

Garden Peas

Chef's Salad

Roasted Carrots  
and Parsnips

Baked Beans

## Carbs

FUEL FOOD

Steamed Rice

Baked Potato Wedges

Roasted New  
Potatoes

Garlic Bread  
(G, Mk, So)

Chips

## Dessert

SOMETHING SWEET

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Lemon Curd Sponge  
(E, G, Mk)

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Jam and  
Coconut Sponge  
(E, G, Mk)

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Jacket Potatoes, salad bar and fresh fruit available daily.

**Green**  
January

18th - Hungry Caterpillar Day

**Purple**  
February

9th - Chinese New Year

**Red**  
March

7th - World Book Day  
15th - Red Nose Day

**Orange**  
April

23rd - St George's Day

## 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 3

22/01/24, 19/02/24,  
11/03/24

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Cowboy Veggie  
Sausage Casserole  
(Ce, G)

Slow Cooked  
Beef Tacos  
(G, Mk, Su)

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

The Rhodes Avenue  
Pasta Bar  
*Check Daily for Allergens*

Battered Pollock  
(F, G)  
or  
Fish Fingers  
(F, G)

**Veggie**  
MEAT FREE

Cowboy Veggie  
Sausage Casserole  
(Ce, G)

Vegetable Tacos  
(G, Mk, Su)

Cheesy Leek and  
Carrot Crumble  
(G)

The Rhodes Avenue  
Pasta Bar  
*Check Daily for Allergens*

Cheese and Onion  
Puff Pastry Patty  
(E, G, Mk, So)

**veg**  
EXTRA GOOD

Boston Baked Beans  
  
Sweetcorn

Roast Carrots  
  
Green Beans

Braised Red Cabbage  
(G)  
  
Leeks

Salads, Cheese  
and Olives  
*Check Daily for Allergens*

Garden Peas  
  
Baked Beans

**Carbs**  
FUEL FOOD

Mashed Potato  
(Mk)

Steamed Rice

Roasted Potatoes

Garlic Bread  
(G, Mk, So)

Chips

**Dessert**  
SOMETHING SWEET

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Shortbread Biscuit  
(E, G)

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Chocolate Sponge  
(E, G, Mk)

Fresh Fruit  
or  
Yoghurt  
(Mk, So)

Jacket Potatoes, salad bar and fresh fruit available daily.

**Green**  
January

18th - Hungry Caterpillar Day

**Purple**  
February

9th - Chinese New Year

**Red**  
March

7th - World Book Day  
15th - Red Nose Day

**Orange**  
April

23rd - St George's Day

## 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