Menu

RHODES AVENUE PRIMARY SCHOOL

CELEBRATING 25 YEARS 2001 2026 ACCENT CATERING

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	Roasted Chicken and Herb Sausage with Onion Gravy **(G,Su)**	, Margherita Pizza with Roasted Peppers **(G,Mk)**	Sticky Jerk Chicken with Jerk Gravy	Pasta Bar: (Wholemeal Penne **(G)**) Beef and Lentil Bolognaise **(G)** Tomato Sauce Cheddar Cheese and Leek Sauce **(G,Mk)**	Breaded Pollock Fillets **(F,E)** with Tartar Sauce **(Mu)**
Veggie Meat Free Mains	Vegan Sausage with Onion Gravy **(So)**	Margherita Pizza Slice **(G,Mk)**	Jerk Vegetables with Jerk Gravy	Pasta Bar: (Wholemeal Penne **(G)**) Pesto Sauce Tomato Sauce Cheddar and Leek Sauce **(G,Mk)**	Curried Carrot and Chickpea Patty **(G,Mk)**
Veg Extra Good	Cauliflower Sautee Green Beans	Celeriac Coleslaw **(C,E,Mu,So,Su)**	Roasted Carrots Broad Beans	Olives Cheese **(MK)**	Peas Baked Beans
Carbs Fuel Food	Mash Potato **(Mk)**	Potato Wedges	50/50 Rice and Peas	Garlic and Herb Focaccia **(G)**	Chips
Dessert Something Sweet	Fruit salad Yoghurt **(Mk,So)**	Fruit salad Yoghurt **(Mk,So)**	Fruit salad Yoghurt **(Mk,So)**	Fruit salad Yoghurt **(Mk,So)**	Italian Lemon Cookie **(G,E,Mk)** Fruit Salad

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Autumn

Rooting for Our Planet

From root to tip, we're using every part of our root vegetables in Captain Earth's recipes, to make them good for you and the planet.

Look for this logo to find Captain Earth's tasty dishes!

Week 1

31/08/26, 21/09/26, 12/10/26, 09/11/26, 30/11/26

Allergens

Please note the allergens shown within these menus are subject to change.

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = M[illegible]
Mu = Mustard
N = Nuts
[illegible] Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Menu

RHODES AVENUE PRIMARY SCHOOL

CELEBRATING 25 YEARS 2001 2026 ACCENT CATERING

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	Soya Julienne Root Vegetable and Chickpea Stir Fry **(G,So)**	Chicken Enchilada in Tomato Sauce **(G,Mk)**	Roasted Chicken with Onion Gravy **(G,Su)**	Pasta Bar: (Wholemeal Penne **(G)**) Beef and Lentil Bolognaise **(G)** Tomato Sauce Cheddar Cheese and Leek Sauce **(G,Mk)**	Fish Fingers **(G,F,Mu)** or Salmon Fish Fingers **(G,F)** with Tartar Sauce **(Mu)**
Veggie Meat Free Mains	Macaroni and Cheese with Tomato Sauce **(G,Mk,Mu)**	Tex Mex Smokey Bean and Vegetable Enchilada in a Tomato Sauce **(G)**	Vegetable Sausage with Onion Gravy **(So)**	Pasta Bar: (Wholemeal Penne **(G)**) Pesto Sauce Tomato Sauce Cheddar and Leek Sauce **(G,Mk)**	Vegetable Fingers **(G)** with Tartar sauce **(Mu)**
Veg Extra Good	Coleslaw **(E)** Broccoli	Mexican Sweetcorn Green Beans	Carrots Cauliflower	Olives Cheese(MK)	Peas Baked Beans
Carbs Fuel Food	Garlic and Herb Focaccia **(G)**	Paprika Potato Wedges	Roasted Potato	Garlic and Herb Focaccia **(G)**	Chips
Dessert Something Sweet	Fruit Salad Yoghurt **(Mk,so)**	Fruit Salad Yoghurt **(Mk,so)**	Fruit Salad Yoghurt **(Mk,so)**	Fruit Salad Yoghurt **(Mk,so)**	Vanilla Ice Cream **(Mk)** Fruits Salad

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Autumn

Rooting for Our Planet

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Week 2

07/09/26, 28/09/26, 19/10/26, 16/11/26, 07/12/26

Allergens

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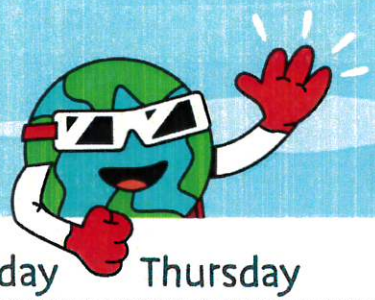
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Menu

RHODES AVENUE PRIMARY SCHOOL



CELEBRATING 25 YEARS 2001 2026 ACCENT CATERING

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	Vegan Meatballs in a Tomato sauce **(So)**	Beef Mince and Bean Tacos **(G)**	Accent Baked Chicken with Gravy	Pasta Bar: (Wholemeal Penne **(G)**) Beef and Lentil Bolognaise **(G)** Tomato Sauce Cheddar Cheese and Leek Sauce **(G,Mk)**	Pollock Fillets **(F,E)** Served Tartar Sauce **(Mu)**
Veggie Meat Free Mains	Wholemeal Cheese and Tomato Quiche **(G,Mk)**	Root Vegetable and Chickpea Curry	Cheesy Baked Quinoa and Broccoli Bites **(G,E,Mk)**	Pasta Bar: (Wholemeal Penne **(G)**) Pesto Sauce Tomato Sauce Cheddar and Leek Sauce **(G,Mk)**	Green Onion, Vegetable and Chickpea Bubble and Squeak
Veg Extra Good	Coleslaw **(E)** Roasted Broccoli	Carrot Green Beans	Honey Roasted Parsnips	Olives Cheese(MK)	Peas Baked Beans
Carbs Fuel Food	Potato Wedges	50/50 Rice	Roasted New Potatoes	Garlic and Herb Focaccia **(G)**	Chips
Dessert Something Sweet	Fruit Salad Yoghurt **(Mk,so)**	Fruit Salad Yoghurt **(Mk,so)**	Fruit Salad Yoghurt **(Mk,so)**	Fruit Salad Yoghurt **(Mk,so)**	Orange Drop Cookie **(G,E,Mk)**

Jacket Potatoes, Salad Bar, Cold Desserts and Fresh Fruit Platters available daily.

Autumn

Rooting for Our Planet

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Week 3

14/09/26, 05/10/26, 02/11/26, 23/11/26, 14/12/26

Allergens

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Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide