

# WEEK 1 MENU

# Coombe Hill Infant School SPRING TERM

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Farm assured pork sausage with gravy (G,Su)	Mixed beef chilli con carne (Ce,Su)	Sliced roast Norfolk turkey with gravy and cranberry sauce (G)	Chicken enchiladas in a rich tomato sauce (G,Su,Ce)	Battered cod fillet (G,Mu,F,E)
Vegetarian	Quorn sausage with veggie gravy (G,E)	Five bean chilli (E,Ce,Su)	Wholemeal pasta with green pesto, spinach and parmesan (G,Mk)	Vegetarian enchiladas (G,Ce,Su)	Cheesy omelette with peas and potatoes (Mk,E)
Carbohydrates	Creamy mash potato (Mk)	Steamed rice	Roasted potatoes	Couscous (G)	Homemade potato wedges
Vegetables	Sweetcorn ... Garden peas	Carrots ... Green beans	Roasted Mediterranean vegetables ... Peas	Broccoli ... Sweetcorn	Baked beans ... Leeks
Dessert	Jam sponge served with custard (G,Mk,E)	Mixed fruit jelly Pot	Chocolate chip banana cake (G,E,Mk)	Apple and berry crumble with custard (Mk,G)	Fresh fruit salad

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



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

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

For more info visit:  
[www.accentcatering.com](http://www.accentcatering.com)

## SPECIAL DAYS!

JANUARY 26<sup>TH</sup>



FEBRUARY 26<sup>TH</sup>



MARCH 23<sup>RD</sup>



APRIL 25<sup>TH</sup>



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HERB OF THE MONTH!  
...



JANUARY RADICAL ROSEMARY!



FEBRUARY POWERFUL PARSLEY!



MARCH COURAGEOUS CHIVE!



APRIL CAPTAIN CORIANDER!



# WEEK 2 MENU

# Coombe Hill Infant School SPRING TERM

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef bolognaise	Chinese turkey stir fry with egg noodles (G,E,Ce,Su,So)	Roast beef with Yorkshire pudding and gravy (Mk,E,G)	Mild cajun chicken Thighs (Mu,Ce,Su)	Baked fish fingers (G,F)
Vegetarian	Veggie mince bolognaise (So,G,E)	Sweet and sour stir fried quorn with noodles (G,E,So)	Leek and parmesan risotto (Ce,Mk,Su)	Margherita pizza (G,Mk)	Chunky tomato and basil wholemeal pasta (G,Su,Ce)
Carbohydrates	Spaghetti (G,E)	Noodles	Roasted potatoes	Couscous (G)	Homemade potato wedges
Vegetables	Cauliflower ... Green beans	Carrots ... Chinese leaf with chilli and soy sauce	Spring cabbage ... Sweetcorn	Broccoli ... Roasted Root Vegetables	Baked beans ... Peas
Dessert	Eves pudding with custard (G,Mk,E)	Mixed fruit jelly Pot	Apricot pie with cream (G,Mk)	Double chocolate sponge and custard (G,E,Mk)	Fresh fruit salad (none)

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

### LOOK OUT! ALLERGENS

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## SPECIAL DAYS!

JANUARY 26<sup>TH</sup>



FEBRUARY 26<sup>TH</sup>



MARCH 23<sup>RD</sup>



APRIL 25<sup>TH</sup>



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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

# Coombe Hill Infant School 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	Turkey and sweetcorn pie (G,Su,Mk)	Mild tandoori chicken with mint yoghurt and mango chutney (Mk,Su)	Herefordshire roast pork with gravy and apple sauce (G)	Traditional Italian beef lasagne (G,Mk,Su,Ce)	Salmon fish cake (G,F)
Vegetarian	Mediterranean vegetable paella (Su,Ce)	Quorn sweet potato and spinach Rogan josh curry (Su,Mk,Ce)	Potato, cheese and onion pasty (G,E,Mk)	Vegetable lasagne (Mk,G,E)	Quorn burger in a bun (G,Se)
Carbohydrates	New potatoes	Savoury rice	Roasted potato	Homemade garlic focaccia (G,Mk,So)	Homemade potato wedges
Vegetables	Courgette provencale ... Broccoli	Cauliflower ... Sauté leeks	Carrots ... Green beans	Sweetcorn ... Fruity coleslaw (E,Mk,Mu)	Garden peas ... Baked Beans
Dessert	Lemon drizzle cake (G,E,Mk)	Eton mess (Mk,E)	Mixed fruit jelly Pot	Rhubarb crumble (G,Mk,E)	Fresh fruit salad (none)

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

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## SPECIAL DAYS!

JANUARY 26<sup>TH</sup>



FEBRUARY 26<sup>TH</sup>



MARCH 23<sup>RD</sup>



APRIL 25<sup>TH</sup>



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

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