

WEEK 1 MENU

HERB OF THE MONTH!



SEPTEMBER MASTERFUL MINT!



OCTOBER OPTIMISTIC OREGANO!



NOVEMBER TURBO THYME!



DECEMBER SUPER SAGE!

Coombe Hill Infant's school

AUTUMN TERM

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



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|--|---|---|
| Main Meal | Italian beef bolognese with spaghetti (E,G) | Cajun chicken in a peri peri sauce (Mu,G) | Roast Norfolk turkey, sage and onion stuffing and gravy (Mk,E,G) | Beef burger in a bun with iceberg lettuce and tomato ketchup (Su,Mk,G,Ce,E,M) | MSC cod baked fish fingers served with lemon and homemade tartare sauce (F,G,E,Mu,Mk) |
| Vegetarian | Quorn Bolognese (G,E) | Baked gnocchi in a tomato and pepper sauce (Mk,G) | Macaroni cheese with a crispy topping (G,Mk) | Quorn burger in a bun with relish and sauces (G,Mk,E) | Roasted pepper, onion and cheddar wholemeal quiche (Mk,E,G) |
| Carbohydrates | Spaghetti (G) | Steamed rice | Fluffy roast potatoes | Burger bun (G) | Baked oven chips |
| Vegetables | Buttered sweetcorn (Mk) ... Sauté leeks | Carrots Steamed green beans | Roasted root vegetables ... Steamed broccoli | Garden peas ... Carrots | Courgettes ... Baked beans |
| Dessert | Steamed strawberry jam sponge with custard (Mk,E,G) | Autumn fruit cobbler (Mk,G) | Treacle tart and custard (So,Mk,E,G) | Chocolate brownie (Mk,E,G) | Fresh fruit salad |

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

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

SPECIAL DAYS!

SEPTEMBER 26TH



OCTOBER 17TH



NOVEMBER 5TH



DECEMBER



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Week 1 menu commencing: 3 September, 24 September, 15 October, 12 November, 3 December

For more info
visit:
www.accentcatering.com

WEEK 2 MENU

Coombe Hill Infant's school AUTUMN TERM

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OCTOBER OPTIMISTIC OREGANO!



NOVEMBER TURBO THYME!



DECEMBER SUPER SAGE!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|---|--|
| Main Meal | Farm assured pork sausages with gravy (Su,G) | Mild chicken curry with tomatoes, mango chutney (So,Se,Mk,G) | Roast beef with Yorkshire pudding and gravy (Mk,E,G) | Pepperoni pizza (Mk,G) | Breaded pollock fillets with Tartare sauce and lemon (G, F, E, Mk, Mu) |
| Vegetarian | Quorn sausages with gravy (E,Mk,G) | Tarka Dahl with spinach and lentils (Mk,G) | Spanish frittata with onion, spinach and cheddar (Mk,E) | Cheese and tomato margarita pizza (Mk,G) | Mixed bean and vegetable burrito (Mu,Mk,G) |
| Carbohydrates | Creamy mashed potatoes (Mk) | Wholegrain steamed rice | Fluffy roast potatoes | | Homemade potato Wedges |
| Vegetables | Steamed carrots ... Roasted spiced cauliflower (Mu) | Steamed savoy cabbage ... Mediterranean roasted vegetables | Broccoli florets ... Buttered sweetcorn (Mk) | Roasted courgette ... Steamed green beans | Garden peas ... Baked beans |
| Dessert | Autumn fruit crumble with custard (Mk,G) | Pear and chocolate sponge with chocolate sauce (Mk,E,G) | Mixed fruit jelly pot | Warm sultanas Flapjack (Mk,G) | Fresh fruit salad |

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

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SPECIAL DAYS!

SEPTEMBER 26TH



OCTOBER 17TH



NOVEMBER 5TH



DECEMBER



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Week 2 menu commencing: 10 September, 1 October, 29 October, 19 November, 10 December

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WEEK 3 MENU

Coombe Hill Infant's school AUTUMN TERM

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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|---|---|---|
| Main Meal | Mexican beef chilli con carne (Mu) | Chicken and sweetcorn puff pastry pie (Su,Mk,G,Ce) | Roast Herefordshire pork with apple sauce and gravy (G) | Farm assured Italian beef lasagne (Mk,E,G) | MSC cod baked fish fingers served with lemon and homemade tartare sauce (F,G,E,Mu,Mk) |
| Vegetarian | Mild vegetable chilli con carne with sour cream (Mu,Ce,Mk,E) | Cheese and tomato wholemeal quiche (Mk,E,G) | Fusilli pasta with spinach and courgette (Mk,E,G) | Vegetable Lasagne (G,Mk,E) | Vegetarian puff pastry sausage rolls (G,Mk,E) |
| Carbohydrates | Steamed rice | Homemade garlic bread (Mk,G) | Roast potatoes | Garlic bread (G) | Baked oven chips |
| Vegetables | Carrots ... Mixed tossed salad | Green beans ... Roasted butternut squash | Roasted parsnip and swede ... Broccoli | Buttered sweetcorn (Mk) ... Sauté leeks | Garden peas ... Baked beans |
| Dessert | Spiced Bramley apple crumble with custard (Mk,E,G) | Golden syrup sponge and custard (Mk,E,G) | Mixed fruit jelly pot | Chocolate chip cookie (G,Mk,E) | Fresh fruit salad |

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



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SPECIAL DAYS!

SEPTEMBER 26TH



OCTOBER 17TH



NOVEMBER 5TH



DECEMBER



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Week 3 menu commencing: 17 September, 8 October, 5 November, 26 November, 17 December

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