

Week 1

Duncombe Primary School

Autumn Menu 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognese (none)	Breaded chicken strips (E,G)	Roast turkey with stuffing and gravy (G)	Sweet and sour pork (G)	Chicken Stir fry with Noodles (G,F)
FISH MEAL	Portuguese fish stew (F,Cr,)	Roasted salmon with chervil and tomato sauce (F)	Baked creamy pasta with haddock and spinach (G,Su,F,Mk)	Goan fish curry (F,Su)	Baked omega 3 fish fingers (G,F)
VEGETARIAN MAIN MEAL	Cauliflower cheese with crunchy topping (So,Mk,G)	Tomato and pepper gnocchi bake (G,Mk)	Veggie tagine with fluffy cous cous (G)	Vegetable lasagne (Mk,G,E)	Roasted pepper, courgette, onion and cheddar quiche (Mk,E,G)
CARBOHYDRATE	Spaghetti (G,E)	Crispy potato wedges	Roasted potatoes	Savoury rice (Su,Ce)	Baked oven chips
VEGETABLES	Sweetcorn ... Sauté leeks	Coleslaw (Mu,Mk,E) ... Green beans	Broccoli florets ... Roasted root vegetables	Coleslaw (Mu,Mk,E)... Garden peas	Courgette ... Baked beans
HOMEMADE BREAD	Naan bread	White tin loaf	Wholemeal	Tomato and oregano	Kalamata olive
DESSERT	Jam sponge pudding and custard (Mk,E,G)	Nutless Bakewell tart (Mk,E,G)	Fruit of the month dessert	Mixed fruit cobbler with custard (Mk,G)	Jalouise tart with mincemeat (Mk,G)

Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.

For more info visit: www.accentcatering.co.uk/food

Week 1 menu commencing: 4 September, 25 September, 16 October, 13 November, 4 December

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

 = Reduced sugar

SEP 21ST

ITALIAN
DAY

OCT 19TH

HAPPY
Diwali

NOV 3RD

BONFIRE
NIGHT

DECEMBER

Your Special
Christmas
lunch



= Reduced sugar

Week 2

Duncombe Primary School

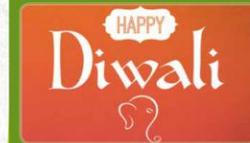
Autumn Menu 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Rogan Josh and mango chutney (none)	Butcher's pork sausage with mash (Su,Mk,G)	Roast beef with Yorkshire pudding and gravy (Mk,E,G)	Turkey stir fry with noodles (E,G)	Lamb Moussaka (G,Mk,E)
FISH MEAL	Tandoori style fish fillet (F)	Salmon wrap (G,F)	Baked pollock fillet (F,Mk)	Tuna pasta bake (G,Mk,F)	Thai fish cake (G,F)
VEGETARIAN MAIN MEAL	Mild vegetable korma (Su,Mu,Mk,Ce)	Savoury veggie mince (So,G,Ce,Mk,E)	Potato, cheese and onion puff pastry pie (Mk,E,G)	Cheese and tomato pizza (So,Mk,G,E)	Mixed bean and rice burrito (Mu,Mk,G)
CARBOHYDRATE	Wholegrain saffron rice	Creamy mashed potatoes (Mk)	Roasted potatoes	Crushed new potatoes (Mk)	Baked oven chips
VEGETABLES	Carrots ... Savoy cabbage	Cauliflower ... Green beans	Broccoli ... Sweetcorn	Coleslaw (Mu,Mk,E)... Carrots	Sauté leeks ... Garden peas
HOMEMADE BREAD	Naan bread	White tin loaf	Wholemeal	Tomato and oregano	Kalamata olive
DESSERT	Berry fruit crumble with custard (G,Mk)	Baked pear and chocolate sponge with chocolate sauce (Mk,E,G)	Fruit of the month dessert 	Bread and butter pudding and custard (Su,So,Mk,E,G)	Warm sultana flapjack (Mk,G)

SEP 21ST



OCT 19TH



NOV 3RD



DECEMBER



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Week 2 menu commencing: 11 September, 2 October, 30 October, 20 November, 11 December

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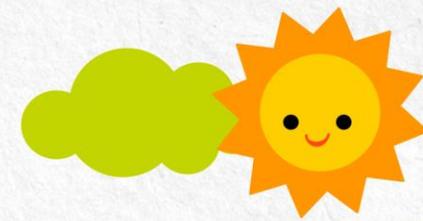
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Week 3

Duncombe Primary School

Autumn Menu 2017

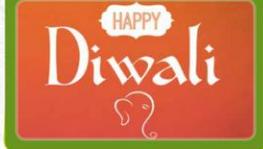


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken and sweetcorn puff pastry pie (Su,Mk,G,Ce)	Shepherd's pie (Su,So,Mk,G,Ce)	Roast turkey breast with cranberry sauce (G)	Farm assured beef lasagne (So,Mk,E,G)	Lamb goulash (G,Mk)
FISH MEAL	Roasted pollock with Mediterranean vegetables (F)	Prawn and white fish creamy pie (G,F,Cr)	Seafood paella (G,F,Cr)	Flaked salmon creamy pasta (G,F,Mk)	Baked breaded fish fillet (G,F,E,Mu)
VEGETARIAN MAIN MEAL	Potato, onion and spinach omelette (Mk,E)	Quorn shepherd's pie (G,Ce,Mk,E)	Vegetable stir fry and noodles (So,Mu,E,G,Ce)	Wholemeal macaroni cheese (Mk,G)	Vegetarian burger in a sesame seed bun (Se,Mu,Mk,E,G)
CARBOHYDRATE	New potatoes	Creamy mashed potatoes (Mk)	Roasted potatoes	Spicy potato wedges (Mu)	Baked oven chips
VEGETABLES	Butternut squash ... Broccoli florets	Roasted cauliflower ... Garden peas	Savoy cabbage ... Sweetcorn	Mixed salad ... Carrots	Green beans ... Baked beans
HOMEMADE BREAD	Naan bread	White tin loaf	Wholemeal	Tomato and oregano	Kalamata olive
DESSERT	Peach crumble with custard (G,Mk)	Golden syrup sponge (Mk,E,G)	Fruit of the month dessert 	Apple turnover with vanilla ice cream (Mk,E,G)	Chocolate chip cookie (So,Mk,E,G)

SEP 21ST



OCT 19TH



NOV 3RD



DECEMBER



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Week 3 menu commencing: 18 September, 9 October, 6 November, 27 November, 18 December

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