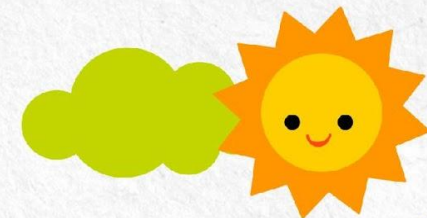








Week 1

Europa Primary School

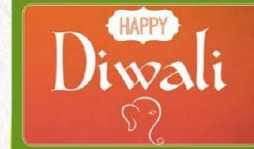


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise served with spaghetti and garlic bread (G,E,Mk,So) 	Mild and tasty chicken curry pilau rice, naan bread (G,Mk,So) 	Roast turkey with stuffing, gravy (G), and cranberry sauce with crispy roast potatoes, broccoli and carrots 	Texan spiced pork and bean burrito served with rice and sour cream (G,Mu) 	Crisp battered fish fillet served with chips, peas, tartare sauce (G,E,F,Mk,Mu)
VEGETARIAN MAIN MEAL	Spanish omelette served with spinach (G,Mk) 	Cauliflower and chickpea curry, naan bread (G,Mk)	Shepherdess pie and gravy served with broccoli and carrots (Ce,G,E,Mk)	Vegetable and spinach burrito served with rice and sour cream (G,Mk,Mu)	Spinach feta and filo bake served with chef's salad (G,E,Mk,Su)
DESSERT	Pear and chocolate sponge with cream (G,Mk)	Cornflake tart (G,Mk)	Fruit of the month dessert 	Summer berry flap jack bake (G,Mk)	Sticky marmalade pudding and custard (G,E,Mk)

SEP 21ST



OCT 19TH



NOV 3RD



DECEMBER



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: 5 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

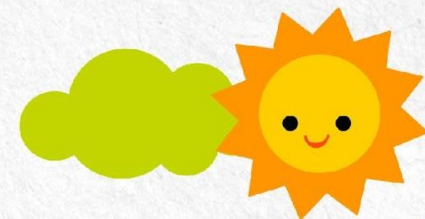
Mk = Milk
Mo = Molluscs
Mu = Mustard






N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide

 = Reduced sugar



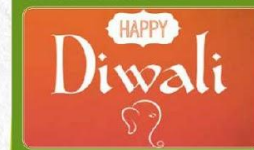


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mild Thai green chicken curry served with steamed jasmine rice (G,So) 	Toad in the hole with butchers pork sausages served with mash, onion gravy and broccoli (Ce,G,E,Mk,Su) 	Roast chicken with stuffing, gravy (G) served with crispy roast potatoes, carrots and peas 	Beef meatballs with onion gravy served with potato, onion and carrot mash (G,Mu) 	MSC salmon fish cake served with chips, peas and sauces (G,E,F,Mk,Mu)
VEGETARIAN MAIN MEAL	Mild red Thai vegetable curry with chickpeas served with steamed jasmine rice (G,So)	Vegetable lasagne with chef's salad (G,Mk)	Roast pepper filled with lentils, cheddar and tomato sauce served with carrots and peas (Mk)	Lentil and vegetable stew served with potato, onion and carrot mash (Ce,Su)	Baked aubergine melt served with chef's salad (Mk)
DESSERT	Apple crumble and custard (G,Mk)	Banana upside down cake and cream (G,E,Mk)	Fruit of the month dessert 	Mincemeat tart (G,Mk)	Baked jam sponge with custard (G,E,Mk)

SEP 21ST



OCT 19TH



NOV 3RD



DECEMBER



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

LOOK OUT!
ALLERGENS


Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

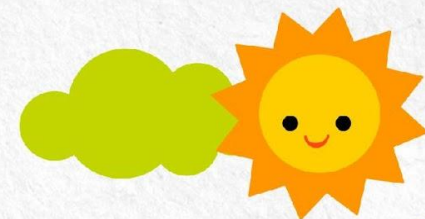
Mk = Milk
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N = Nuts
P = Peanuts
Se = Sesame Seeds

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 = Reduced sugar



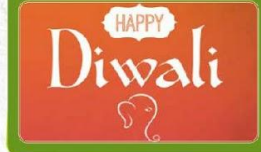


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Oriental pot roast chicken served with spicy rice and bbq beans (G,So)	Turkey stroganoff served with garlic mixed vegetables and steamed rice (G,Mk,Mu)	Roast gammon, gravy (G) and stuffing served with crispy roast potatoes, carrots and peas	Classic Italian beef lasagne served with tossed chef's salad (G,Mk)	Jumbo omega 3 fish fingers served with chips, peas, sauces (G,F)
					
VEGETARIAN MAIN MEAL	Gnocchi with a butternut squash, lemon and thyme sauce served with chef's salad (G,Mk)	Roast pepper and cheddar quiche with salad (G,Mk,Mu)	Roast vegetable and lentil loaf served with crispy roast potatoes, carrots and peas (Ce,E,Mk,Su,G)	Ricotta lasagne served with tossed chef's salad (G,Mk)	Sweet and sour vegetable and noodle stir fry (G,E)
					
DESSERT	Eve's pudding and custard (G,E,Mk)	Algeria orange cake (G,E,Mk)	Fruit of the month dessert	Crepe bar (lemon, syrup, fruits and chocolate sauce) (G,Mk,E,So)	Chocolate and banana muffin (G,E,Mk,So)
					

SEP 21ST



OCT 19TH



NOV 3RD



DECEMBER



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

LOOK OUT!
ALLERGENS

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G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
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