

MENU WEEK 3



AVON HOUSE
PREPARATORY SCHOOL

WEEK COMMENCING... 15th Sept 25 – 6th Oct 25 - 27th Oct 25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH OF THE DAY (HALAL options available)	<i>Mushroom Spinach Cheese Lasagna</i>	<i>Lamb Hotpot</i>	<i>Cumberland Sausage Onion Gravy</i>	<i>Sticky BBQ Chicken</i>	<i>Battered Fish Fingers Tartare Sauce & Lemon Wedge</i>
VEGETARIAN	<i>Courgettes Spinach Lasagna</i>	<i>Roasted Vegetable Hot Pot</i>	<i>Quorn Sausages Onion Gravy</i>	<i>Sticky BBQ Plant base Chicken</i>	<i>Grilled Halloumi</i>
SIDES	<i>Garlic Bread Green Beans Roasted Peppers</i>	<i>Roasted Courgette Red Cabbage</i>	<i>Creamed Mash Potato Broccoli Carrots</i>	<i>Steamed Rice Melody of Vegetables</i>	<i>Double cooked Chips Peas / Sweetcorn</i>
CLASSICS	<i>Baked Potato with baked Beans & Grated Cheese</i>	<i>Pasta with a Choice of Homemade Sauces</i>	<i>Baked Sweet Potato with Grated Cheese</i>	<i>Pasta with a Choice of Homemade Sauces</i>	<i>Baked Potato with baked Beans & Grated Cheese</i>
DESSERT	<i>Jam Pudding with Custard</i>	<i>Pineapple Fritters</i>	<i>Jelly and Cream</i>	<i>Fruit Oatmeal Blondies</i>	<i>Marble Sponge with choc custard</i>

Allergen and dietary requirement meals served daily

DAILY OFFER

Soup of the day with freshly baked bread, Salad Bar, Fresh Fruit & Yoghurt with topping

Eat the rainbow

Beetroots

Savoy Cabbage

Mango

Watermelon

