

MENU WEEK 3



AVON HOUSE
PREPARATORY SCHOOL

WEEK COMMENCING... 17th Nov 25 – 8th Dec 25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH OF THE DAY (HALAL options available)	<i>Mushroom spinach cheese lasagne</i>	<i>Cumberland sausage Onion gravy</i>	<i>Shepherds pie with gravy</i>	<i>Beef meat balls with tomato sauce</i>	<i>Breaded fish fingers Tartare sauce & lemon wedge</i>
VEGETARIAN	<i>Courgettes Spinach lasagne</i>	<i>Quorn sausages Onion gravy</i>	<i>Vegetable & bean sweet potato pie</i>	<i>Plant base meatballs with tomato sauce</i>	<i>Grilled halloumi burger</i>
SIDES	<i>Garlic bread Green beans Roasted peppers</i>	<i>Mashed potato Broccoli Carrots</i>	<i>Courgettes Roasted leeks</i>	<i>Spaghetti Cauliflower Mange tout</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>Lemon sponge with custard</i>	<i>Cherry crumble tart</i>	<i>Jelly and cream</i>	<i>Spiced vanilla biscuit</i>	<i>Berry sponge with 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

Spinach

Aubergine

Papaya

Kiwi

