

# Avondale Sample Menus

Available Daily: (Please note: Menus are subject to change)  
Salad Bar, Fresh Fruit, Yoghurt, Water or Milk

## Week One

## Week Two

## Week Three

MONDAY	<p>Fish and Chips or Minced Beef Lasagne with Garden Peas and Sliced Carrots</p> <p>Banana Cake and Custard Fruit Bar/Yoghurt</p>	<p>Pork or Vegetarian Sausage or Jacket Potato with Cheese, Beans or Tuna Baked Beans /Cauliflower</p> <p>Oaty Apple and Pear Crumble with Custard Fruit Bar/Yoghurt</p>	<p>Pizza Or Sweet 'n' Sour Chicken and Rice Baked Beans / Peas</p> <p>Peaches and Ice-Cream Fruit Bar/Yoghurt</p>
TUESDAY	<p>Chicken Korma and Rice or Herby Spaghetti Sweetcorn and Broccoli</p> <p>Chocolate Cookie and Apple Wedge Fruit Bar/Yoghurt</p>	<p>Lamb Hotpot or Macaroni Cheese Baton Carrots and Mixed Vegetables</p> <p>Iced Fingers Fruit Bar/Yoghurt</p>	<p>Roast Beef Dinner and Yorkshire Pudding or Cheese Flan Broccoli and Baton Carrots</p> <p>Flapjack and Orange Wedge Fruit Bar/Yoghurt</p>
WEDNESDAY	<p>Cheese Whirl or Minced Beef &amp; Dumpling with Mashed Potato Green Beans and Baton Carrots</p> <p>Peaches and Yoghurt Fruit Bar/Yoghurt</p>	<p>Fishfingers and Chips or Chilli con Carne and Rice Garden Peas and Sweetcorn</p> <p>Raspberry Bun Fruit Bar/Yoghurt</p>	<p>Meat and Potato Pie or Tomato Pasta Sweetcorn and Green Beans</p> <p>Chocolate Mousse Slice Fruit Bar/Yoghurt</p>
THURSDAY	<p>Roast Chicken in Gravy and Mashed Potato or Quorn Sausage Pasta Broccoli and Mixed Vegetables</p> <p>Strawberry Jelly and Mandarins Fruit Bar/Yoghurt</p>	<p>Minced Beef and Onion Pie and Mashed Potato or Vegetable Ravioli Baton Carrots and Broccoli</p> <p>Spiced Orange Cake and Custard Fruit Bar/Yoghurt</p>	<p>Meatballs in a Spicy Tomato Sauce and Penne Pasta or Salmon Nibbles with Herby Potatoes Peas and Baton Carrots</p> <p>Marble Sponge and Custard Fruit Bar/Yoghurt</p>
FRIDAY	<p>Pizza or Chicken Wrap or Pasta Salad Baked Beans / Sweetcorn</p> <p>Rice Pudding and Sultanas Fruit Bar/Yoghurt</p>	<p>Chicken Tikka and Rice or Cheese Panini and Salad Sweetcorn and Green Beans</p> <p>Fruitilicious Friday Fruit Bar/Yoghurt</p>	<p>Beefburger on a Bun or Jacket Potato with a choice of filling Coleslaw /Baked Beans or Sweetcorn</p> <p>Apple Crumble and Custard Fruit Bar/Yoghurt</p>

A file is kept onsite of all ingredients used in the production of our food. This is used to comply with the new regulations that are coming into force regarding allergens. If your child has an allergy and you would like to see this file please contact the office.