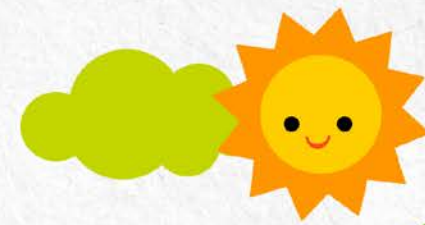






Week 1

# Durand Academy

## Autumn Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise (none) 	Breaded chicken strips (E,G) 	Roast turkey with stuffing and gravy (G) 	Sweet and sour Chicken (G)	Baked Battered fish fillet (Mu,F,E,G)
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)	Macaroni cheese with crunchy topping (Mk,G,E)	Roasted pepper, courgette, onion and cheddar quiche (Mk,E,G)
CARBOHYDRATE	Pasta (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
DESSERT	Jam sponge pudding (Mk,E,G)	Nutless Bakewell tart (Mk,E,G)	Fruit of the month dessert 	Apple crumble (G,Mk)	Chocolate brownie (Mk,E,G)

SEP 21<sup>ST</sup>



OCT 19<sup>TH</sup>



NOV 3<sup>RD</sup>



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](http://www.accentcatering.co.uk/food)

Week 1 menu commencing: 4 September, 2 October, 6 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

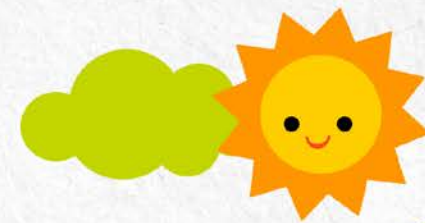
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Week 2

# Durand Academy

## Autumn Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Rogan Josh & mango chutney (none)	Chicken sausage with mash (Su,Mk,G)	Roast beef or turkey with Yorkshire pudding and gravy (Mk,E,G)	Turkey stir fry with noodles (E,G)	Baked fish fillet in a crispy crumb (F,Mu,E,G)
VEGETARIAN MAIN MEAL	Chucky tomato & basil wholemeal pasta bake (G,Su,Mk,Ce)	Cheesy feta & aubergine bake (Mk)	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
DESSERT	Ice cream with fruit coulis (Mk)	Pear crumble with custard (Mk,G)	Fruit of the month dessert	Fruit jelly (N/A)	Warm sultana flapjack (Mk,G)

SEP 21<sup>ST</sup>



OCT 19<sup>TH</sup>



NOV 3<sup>RD</sup>



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](http://www.accentcatering.co.uk/food)

Week 2 menu commencing: 11 September, 9 October, 13 November, 11 December

**LOOK OUT!**  
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= Reduced sugar

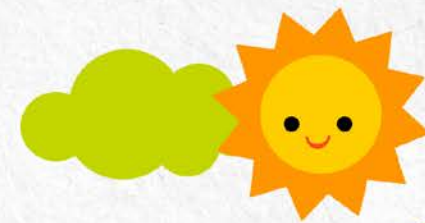




Week 3

# Durand Academy

## Autumn Menu



	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 Chicken thigh with stuffing and gravy (G)	Farm assured beef lasagne (So,Mk,E,G)	Salmon fish cakes (F,G) or Fish fingers (F,G)
VEGETARIAN MAIN MEAL	Potato, onion and spinach omelette (Mk,E)	Mushroom & vegetable pasta bake (G,Mk,E)	Vegetable stir fry and noodles (So,Mu,E,G,Ce)	Quorn Shepherd's pie (G,Ce,Mk,E)	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
DESSERT	Peach crumble with custard (G,Mk)	Golden syrup sponge (Mk,E,G)	Fruit of the month dessert	Apple pie with custard (Mk,E,G)	Fruit jelly (none)

SEP 21<sup>ST</sup>



OCT 19<sup>TH</sup>



NOV 3<sup>RD</sup>



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](http://www.accentcatering.co.uk/food)

Week 3 menu commencing: 18 September, 16 October, 20 November, 18 December

**LOOK OUT!**  
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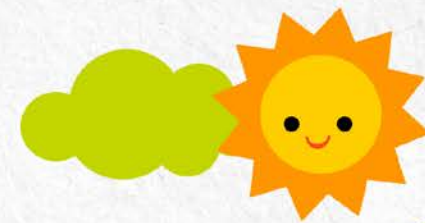
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Week 4

# Durand Academy

## Autumn Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef chilli con carne (Mu)	Turkey enchiladas in tomato sauce (Mu,Mk,G)	Roast gammon or Turkey with gravy (G)	Savoury sausage meat plait (Su,E,G)	Cod fish fingers (F,G)
VEGETARIAN MAIN MEAL	Vegetable quesadilla (Mu,Mk,G)	Mixed vegetables & pesto pasta (G,E,Mk)	Courgette, tomato and butter bean crumble (Mk,G)	Roasted vegetables & focaccia pizza (Mk,G)	Spinach, potato and chickpea curry (none)
CARBOHYDRATE	Steamed rice	Fluffy rice	Roasted potatoes	Creamy mash potato (Mk)	Baked oven chips
VEGETABLES	Sweetcorn ... Roasted vegetables	Carrots ... Green beans	Broccoli florets ... Carrots	Sweetcorn ... Braised red cabbage	Garden peas ... Baked beans
DESSERT	Mixed berries crumble with custard (Mk,G)	Jamaican ginger cake (Mk,E,G)	Fruit of the month dessert	Lemon & lime citrus sponge (Mk,E,G)	Pineapple upside down cake (Su,Mk,E,G)

SEP 21<sup>ST</sup>



OCT 19<sup>TH</sup>



NOV 3<sup>RD</sup>



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](http://www.accentcatering.co.uk/food)

Week 4 menu commencing: 25 September, 30 October, 22 November

**LOOK OUT!**  
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