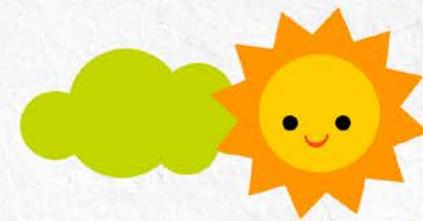


Week 1

Durand Academy

Autumn Menu 2017 - Draft

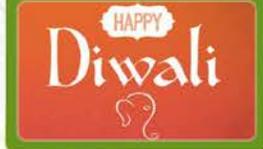


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise (none)	Breaded chicken strips (E,G)	Roast turkey with stuffing and gravy (G)	Sweet and sour pork (G)	Baked Battered fish fillet (Mu,F,E,G)
VEGETARIAN MAIN MEAL	Cauliflower cheese with crunchy topping (So,Mk,G)	Tomato and pepper gnocchi bake (G,Mk)	Veggie tagine with fluffy cous cous (G)	Vegetable lasagne (Mk,G,E)	Roasted pepper, courgette, onion and cheddar quiche (Mk,E,G)
CARBOHYDRATE	Spaghetti (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 and custard (Mk,E,G)	Nutless Bakewell tart (Mk,E,G)	Fruit of the month dessert	Banoffee pie (G,Mk)	Ice cream with fruit coulis (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: 4 September, 2 October, 6 November, 4 December



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

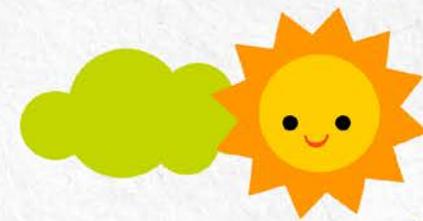
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Week 2

Durand Academy

Autumn Menu 2017 - Draft



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Rogan Josh and mango chutney (none)	Butchers pork sausage with mash (Su,Mk,G)	Roast beef 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	Mild vegetable korma (Su,Mu,Mk,Ce)	Vegetarian sausage with creamy mash (G,Su,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	Apple crumble with custard (G,Mk)	Baked pear and chocolate sponge with chocolate sauce (Mk,E,G)	Fruit of the month dessert	Fruit jelly (N/A)	Warm sultana flapjack (Mk,G)

SEP 21ST

ITALIAN DAY

OCT 19TH

HAPPY Diwali

NOV 3RD

BONFIRE NIGHT

DECEMBER

Your Special Christmas Lunch

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, 9 October, 13 November, 11 December



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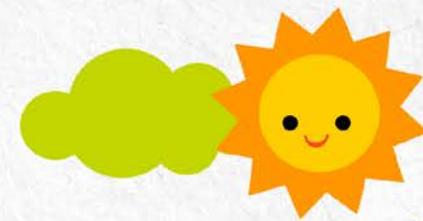
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Week 3

Durand Academy

Autumn Menu 2017 - Draft



	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)	Homemade fish pie (So,Mk,F,G) or Fish fingers (F,G)
VEGETARIAN MAIN MEAL	Potato, onion and spinach omelette (Mk,E)	Quorn shepherd's pie (G,Ce,Mk,E)	Vegetable stir fry and noodles (So,Mu,E,G,Ce)	Wholemeal macaroni cheese (Mk,G)	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 turnover with vanilla ice cream (Mk,E,G)	Chocolate chip cookie (So,Mk,E,G)

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, 16 October, 20 November, 18 December

LOOK OUT!
ALLERGENS

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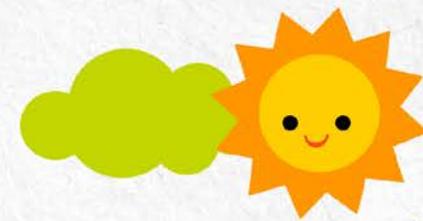
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Week 4

Durand Academy

Autumn Menu 2017 - Draft



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef chilli con carne (Mu)	Turkey enchiladas in tomato sauce (Mu,Mk,G)	Roast gammon with gravy (G)	Savoury sausage meat plait (Su,E,G)	Cod fish fingers (F,G)
VEGETARIAN MAIN MEAL	Vegetable quesadilla (Mu,Mk,G)	Spinach, potato and chickpea curry (none)	Courgette, tomato and butter bean crumble (Mk,G)	Vegetarian sausage roll (So,E,G)	Pasta with tomato and basil sauce (G,E)
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	Baked apple crumble with oaty crumb (Mk,G)	Jamaican ginger cake (Mk,E,G)	Fruit of the month dessert	Lemon and lime citrus sponge pudding with lemon sauce (Mk,E,G)	Pineapple upside down cake (Su,Mk,E,G)

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



Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
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