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	Meatballs & Spaghetti in a tomato sauce or Salmon Nibbles New Potatoes, Garden Peas & Sweetcorn Strawberry Whip Fruit Bar	Chicken & Noodles in a sweet chilli sauce or Cheese & Potato Pie Mashed Potato, Baked Beans & Sweetcorn Chocolate & Pear Muffin Fruit Bar	Pasta Bolognese or Jacket Potato with assorted fillings Baked Beans and Broccoli Oat Biscuits with Apple Wedge Fruit Bar
TUESDAY	Roast Chicken or Cheese Whirl Mashed Potato, Broccoli & Carrots Selection of Fruit, Yoghurt and Cheese & Biscuits	Minced Beef & Vegetables with a dumpling or Vegetable Ravioli Crispy Herbed Potatoes, Baton Carrots & Cauliflower Raspberry Buns Fruit Bar	Cheese & Tomato Pizza or Sweet 'n' Sour Chicken & Rice Mixed Salad, Spaghetti Hoops and Sweetcorn Rice Pudding & Sultanas Fruit Bar
WEDNESDAY	Macaroni Cheese or Meat & Potato Pie Peas and Diced Carrots Iced Spiced Orange Cake Fruit Bar	Chicken Curry & Rice or Tomato Pasta with a Cheesy Topping Garlic Bread, Peas & Sweetcorn Peaches & Ice Cream Fruit Bar	Lamb Hotpot or Quorn Sausage Pasta Garden Peas and Sweetcorn Apple Cake & Custard Fruit Bar
THURSDAY	Cheese & Tomato Pizza or Ham Omelette Mixed Salad, Spaghetti Hoops, Sweetcorn Chocolate Cake & Pink Custard Fruit Bar	Roast Beef & Yorkshire Pudding or Cheese Flan Roast & Mashed Potatoes, Baton Carrots & Broccoli Selection of Fruit, Yoghurt and Cheese & Biscuits	Roast Turkey lunch or Cheese & Pepper Quiche Broccoli and Carrots Selection of Fruit, Yoghurt and Cheese & Biscuits
FRIDAY	Hotdog & Chips or Cheese Panini Baked Beans and Mixed Veg Apple Crumble & Custard Fruit Bar	Fish & Chips or Chilli con Carne & Rice Sweetcorn and Garden Peas Unicorn Cake and Custard Fruit Bar	Fish fingers or Beef Burrito Chips, Peas and Baked Beans Flapjack & Orange Wedge Fruit Bar

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.