

Abbotswood Junior - Week 1 Menu

Week commencing: 3 Nov, 24 Nov, 15 Dec, 19 Jan, 9 Feb, 2 Mar, 23 Mar

MAIN MEAL



Sausages served with Mashed Potato and Seasonal Vegetables

VEGETARIAN



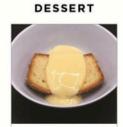
Vegetarian Lasagne served with Diced Potatoes and Mixed Garden Salad



JACKET POTATO /

PASTA

Pasta with Tomato and Basil Sauce



Lemon Sponge served with Custard



Homemade Beef Lasagne served with Diced Potatoes and Mixed Garden Salad



Vegetarian Sausage served with Mashed Potato and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Shortbread Finger with Fruit Wedges



Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



Cauliflower Broccoli Cheese Bake served with Roast Potatoes, Seasonal Vegetables and Gravy



Pasta with Tomato and Basil Sauce



Iced Chocolate Sponge



Mild Beef Chilli Con Carne with Rice and Seasonal Vegetables



Vegetable Enchilada with Rice and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Apple Crumble & Custard



Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



Cheese & Tomato Pizza served with Chips, Beans, Peas & Tomato Ketchup



Pasta with Tomato and Basil Sauce



Fruity Friday

Abbotswood Junior - Week 2 Menu

Week commencing: 10 Nov, 1 Dec, 5 Jan, 26 Jan, 16 Feb, 9 Mar

MAIN MEAL



Beef Burger in a Bun served with Potato Wedges, Mixed Garden Salad and Coleslaw



VEGETARIAN

Cheese & Tomato Pinwheel served with Potato Wedges, Mixed Garden Salad and Coleslaw



JACKET POTATO /

Pasta with Tomato and Basil Sauce



DESSERT

Jam Sponge



BBQ Chicken & Rice served with Peas and Broccoli



Vegetable Biriyani & Rice served with Peas and Broccoli



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Mini Sultana Oat Cookie with Fruit Slices



Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy



Vegetarian Sausage served with Roast Potatoes, Seasonal Vegetables and Gravy



Pasta with Tomato and Basil Sauce



Pineapple Upside Down Cake with Custard



Chicken Wrap served with Potato Wedges, Mixed Garden Salad and Sweetcorn



Margherita Pizza served with Potato Wedges, Mixed Garden Salad and Sweetcorn



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chocolate Brownie



Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



BBQ Vegetable & Bean Wrap served with Chips, Beans, Peas & Tomato Ketchup



Pasta with Tomato and Basil Sauce



Fruity Friday



Abbotswood Junior - Week 3 Menu

Week commencing:17 Nov, 8 Dec, 12 Jan, 2 Feb, 23 Feb, 16 Mar

MAIN MEAL



Ham Pizza served with Potato Wedges, Mixed Garden Salad and Coleslaw



Mixed Bean Fajita served with Potato Wedges, Mixed Garden Salad and Coleslaw

VEGETARIAN



JACKET POTATO /

Pasta with Tomato and Basil Sauce



DESSERT

Shortbread



Chicken Curry & Rice served with Warm Baguette, Peas and Broccoli



Macaroni Cheese served with Warm Baguette, Peas and Broccoli



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chocolate Sponge with Custard



WEDNESDAY

Roast Gammon served with Mashed Potato, Seasonal Vegetables and Gravy



Roast Quorn Fillet served with Mashed Potato, Seasonal Vegetables and Gravy



Pasta with Tomato and Basil Sauce



Banana Home Bake



Pasta Bolognaise served with Bread and Seasonal Vegetables



Vegetarian Chilli & Rice served with Bread and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chocolate Cookie



Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



Vegetable Fingers served with Chips, Beans, Peas & Tomato Ketchup



Pasta with Tomato and Basil Sauce



Fruity Friday