

Abbotswood Junior - Week 1 Menu

Week commencing: 3rd Nov, 24th Nov, 15th Dec,, 19th Jan, 9th Feb

MONDAY

MAIN MEAL



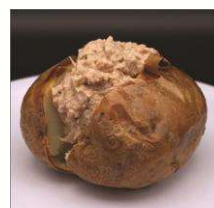
Sausages served with Mashed Potato and Seasonal Vegetables

VEGETARIAN



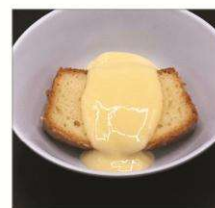
Vegetarian Lasagne served with Diced Potatoes and Mixed Garden Salad

JACKET POTATO / PASTA



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

DESSERT



Lemon Sponge served with Custard

TUESDAY



Homemade Beef Lasagne served with Diced Potatoes and Mixed Garden Salad



Vegetarian Sausage served with Mashed Potato and Seasonal Vegetables

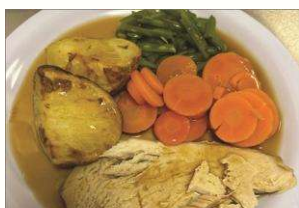


Pasta with Tomato and Basil Sauce



Shortbread Finger with Fruit Wedges

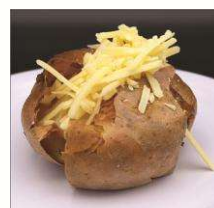
WEDNESDAY



Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



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



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



Iced Chocolate Sponge

THURSDAY



Mild Beef Chilli Con Carne with Rice and Seasonal Vegetables



Vegetable Enchilada with Rice and Seasonal Vegetables



Pasta with Tomato and Basil Sauce



Apple Crumble & Custard

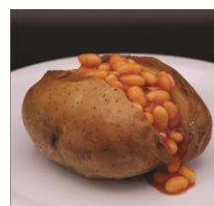
FRIDAY



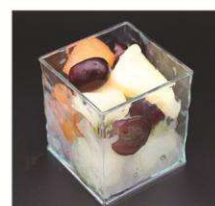
Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



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



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



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
*Some photos may depict different sides to those described.



Abbotswood Junior - Week 2 Menu

Week commencing: 10th Nov, 1st Dec, 5th Jan, 26th Jan

MONDAY

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



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

DESSERT

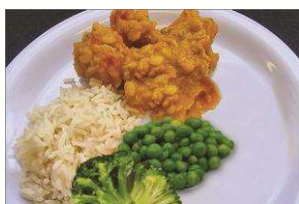


Jam Sponge

TUESDAY



BBQ Chicken & Rice served with Peas and Broccoli



Vegetable Biryani & Rice served with Peas and Broccoli

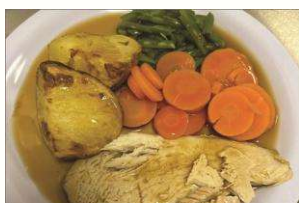


Pasta with Tomato and Basil Sauce



Mini Sultana Oat Cookie with Fruit Slices

WEDNESDAY



Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy



Vegetarian Sausage served with Roast Potatoes, Seasonal Vegetables and Gravy



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



Pineapple Upside Down Cake with Custard

THURSDAY



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



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



Pasta with Tomato and Basil Sauce

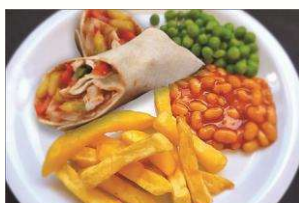


Chocolate Brownie

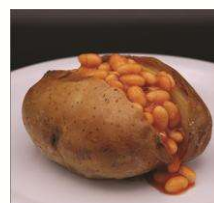
FRIDAY



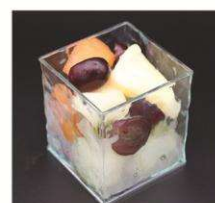
Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



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



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



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
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Abbotswood Junior - Week 3 Menu

Week commencing: 17th Nov, 8th Dec, 12th Jan, 2nd Feb

MONDAY

MAIN MEAL



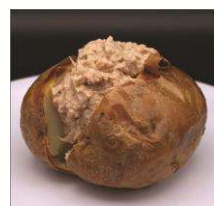
Ham Pizza served with
Potato Wedges,
Mixed Garden Salad
and Coleslaw

VEGETARIAN



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

JACKET POTATO / PASTA



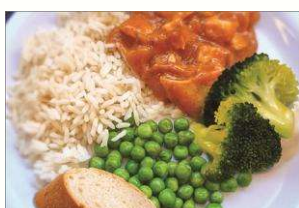
Jacket Potato
with a choice of
Tuna Mayonnaise
Cheddar Cheese
or Baked Beans filling

DESSERT

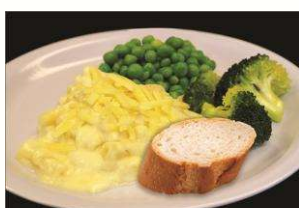


Shortbread

TUESDAY



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



Macaroni Cheese
served with Warm Baguette,
Peas and Broccoli

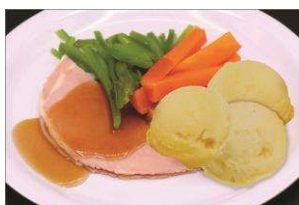


Pasta with Tomato
and Basil Sauce

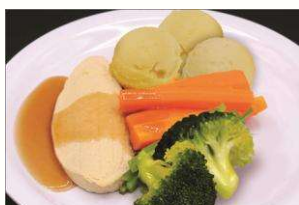


Chocolate Sponge
with Custard

WEDNESDAY



Roast Gammon served with
Mashed Potato, Seasonal
Vegetables and Gravy



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



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



Banana
Home Bake

THURSDAY



Pasta Bolognese served
with Bread and Seasonal
Vegetables



Vegetarian Chilli & Rice
served with Bread and
Seasonal Vegetables



Pasta with Tomato
and Basil Sauce

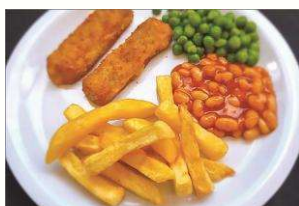


Chocolate Cookie

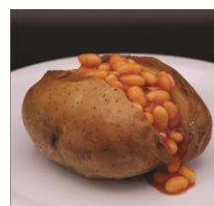
FRIDAY



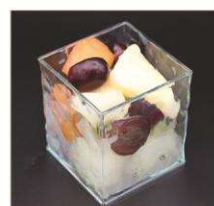
Battered Fish served with
Chips, Beans, Peas
& Tomato Ketchup



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



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



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
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