

# Grow

FUEL FOR YOUNG MINDS

## Abbotswood Junior School menu

### Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced & professionally created lunches made from the highest ingredients, including free-range, organic & MSC certified fish.

For more information on the award please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

### Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British Farm Assured Meat. Are Nut Free, Peanut Free & Shellfish Free.



Soil Association



# MENU - WEEK ONE

Week Commencing: 2nd June | 23rd June | 14th July | 8th Sept | 29th Sept | 20th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DESSERT

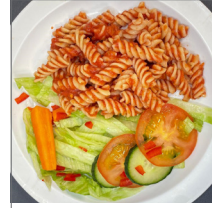
MONDAY



Chicken Fajita Wrap served with Rice, Broccoli & Sweetcorn



Macaroni Cheese, Warm Baguette, Broccoli & Sweetcorn



Pasta with Tomato and Basil Sauce



Classic Plain Cookie

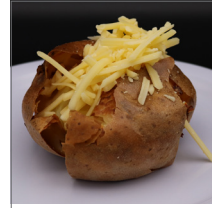
TUESDAY



Pasta Bolognese, Warm Baguette, Peas & Carrots



Vegetable Fajita Wrap served with Rice, Carrots & Peas



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



Strawberry Ice Cream with Orange Segments

WEDNESDAY



Roast Chicken, Gravy, Roast Potatoes, Cauliflower & Green Beans



Cauliflower, Broccoli & Cheese Bake, Roast Potatoes, Cauliflower & Green Beans



Pasta with Tomato and Basil Sauce



Lemon Drizzle Cake

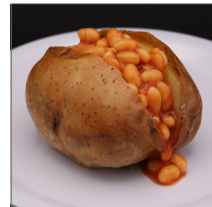
THURSDAY



Pork Sausage, Mashed Potatoes, Gravy, Sweetcorn & Peas



Vegetable Lasagne, Warm Baguette, Sweetcorn & Peas



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



Chocolate and Orange Shortbread Biscuit

FRIDAY



Battered Fish, Chips, Beans, Peas & Tomato Ketchup



Cheese & Bean Puff, Chips, Beans & Peas



Pasta with Tomato and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

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

# MENU - WEEK TWO

Week Commencing: 9th June | 30th June | 21st July | 15th Sept | 6th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DESSERT

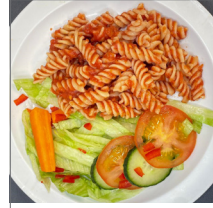
MONDAY



Chicken Curry,  
Rice, Broccoli & Carrots



Cheese & Tomato Pinwheel,  
New Potatoes,  
Broccoli & Carrots



Pasta with Tomato  
and Basil Sauce



Vanilla  
Ice Cream

TUESDAY



Beef Burger,  
Potato Wedges  
Sweetcorn & Peas



Vegie Sausage Hot Dog,  
Potato Wedges  
Sweetcorn & Peas

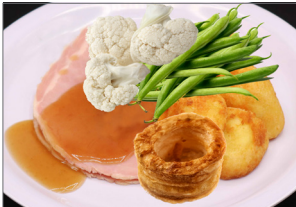


Jacket Potato  
with a choice of  
Tuna Mayonnaise  
Cheddar Cheese  
or Baked Beans filling



Jam Sponge  
& Custard

WEDNESDAY



Roast Gammon,  
Gravy, Roast Potatoes,  
Cauliflower & Green Beans



Plant based Sausage Roll,  
Roast Potatoes,  
Cauliflower & Green Beans



Pasta with Tomato  
and Basil Sauce



Shortbread &  
Apple Slices

THURSDAY



Beef Lasagne,  
Warm Baguette,  
Peas & Sweetcorn



Pasta with Quorn Meatballs  
in a Tomato Sauce,  
Warm Baguette,  
Peas & Sweetcorn



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



Chocolate Sponge  
& Custard

FRIDAY



Battered Fish or Salmon  
Fish Fingers, Chips,  
Beans, Peas &  
Tomato Ketchup



Cheese and Tomato Pizza,  
Chips, Beans, Peas  
and Tomato Ketchup



Pasta with Tomato  
and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

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



# MENU - WEEK THREE

Week Commencing: 16th June | 7th July | 1st Sept | 22nd Sept | 13th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DESSERT

MONDAY



Pork Hot Dog,  
Herby Diced Potatoes,  
Carrots & Broccoli



Vegetable Lasagne,  
Herby Diced Potatoes,  
Carrots & Broccoli



Pasta with Tomato  
and Basil Sauce

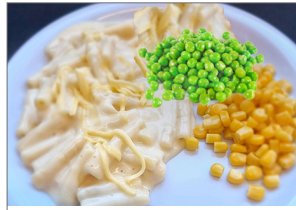


Jam Flavoured  
Cupcake

TUESDAY



Chicken Enchilada,  
Rice, Tomato Salsa &  
Carrot Sticks



Macaroni Cheese,  
Warm Baguette,  
Sweetcorn & Peas



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



Vanilla Ice Cream  
with Peach Slices

WEDNESDAY



Roast Chicken,  
Yorkshire Pudding, Gravy,  
Roast Potatoes, Carrots  
& Green Beans



Cheese & Broccoli Quiche,  
Gravy, Roast Potatoes,  
Carrots & Green Beans



Pasta with Tomato  
and Basil Sauce



Banana Muffin

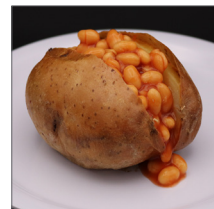
THURSDAY



Chicken & Tomato Pasta,  
Warm Baguette,  
Sweetcorn & Peas



Roasted Vegetable Frittata,  
Potato Wedges,  
Sweetcorn & Peas



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



Chocolate Brownie  
& Apple Slices

FRIDAY



Battered Fish, Chips,  
Beans, Peas &  
Tomato Ketchup



Cheese & Tomato Pizza,  
Chips, Baked Beans  
& Peas



Pasta with Tomato  
and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

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





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