

Abbotswood Junior - Week 1 Menu

Week commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb

MONDAY

MAIN MEAL



Macaroni Cheese
served with
Seasonal Vegetables

VEGETARIAN



Pea & Mince Keema with
Rice and Seasonal Veg

JACKET POTATO / PASTA



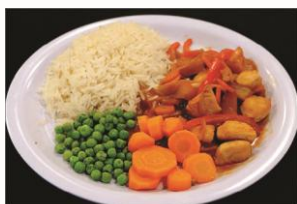
Pasta with Tomato
and Basil Sauce

DESSERT



Chocolate
Cookie

TUESDAY



Sweet & Sour Chicken with
Rice and Seasonal Veg



Tex-Mex Vegetable Enchilada
with Rice and Seasonal Veg

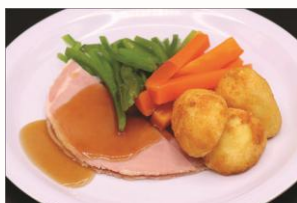


Jacket Potato
with a choice of
Tuna Mayonnaise
Cheddar Cheese
or Baked Beans filling



Banana Traybake
with Custard

WEDNESDAY



Roast Gammon
served with Roast Potatoes,
Seasonal Vegetables
and Gravy



Sizzling Toad in the Hole
with Mashed Potato, Gravy
and Seasonal Veg



Pasta with Tomato
and Basil Sauce



Jelly with
Mandarins

THURSDAY



Welsh Pork Sausages &
Beans with Mashed Potato
and Seasonal Veg



Campfire Quorn Sausages
& Beans with Mashed Potato
and Seasonal Veg



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



Pear & Chocolate
Sponge

FRIDAY



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



Margherita Pizza with Oven
Chips, Peas and Beans



Pasta with Tomato
and Basil Sauce

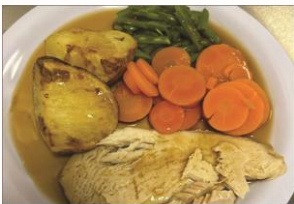


Fresh Fruit

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: 9th Nov, 30th Nov, 4th Jan, 25th Jan

	MAIN MEAL	VEGETARIAN	JACKET POTATO / PASTA	DESSERT
MONDAY	 Sausage Roll served with Mashed Potato and Seasonal Vegetables	 Macaroni Cheese served with Seasonal Vegetables	 Pasta with Tomato and Basil Sauce	 Lemon Sponge
TUESDAY	 Chicken Fajita with Rice and Seasonal Veg	 Rainbow Sweet & Sour Vegetables with Rice and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Chocolate Shortbread
WEDNESDAY	 Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy	 Rich Sweet Potato & Lentil Wellington with Roast Potatoes, Gravy and Seasonal Veg	 Pasta with Tomato and Basil Sauce	 Cheese & Crackers
THURSDAY	 Chicken & Bacon Pasta Carbonara with Warm Baguette and Seasonal Veg	 Hearty Pasta Bolognaise with Warm Baguette and Seasonal Veg	 Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling	 Apple Crumble with Custard
FRIDAY	 Battered Fish with Oven Chips, Garden Peas and Baked Beans	 Margherita Pizza with Oven Chips, Peas and Beans	 Pasta with Tomato and Basil Sauce	 Fresh Fruit

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Abbotswood Junior - Week 3 Menu

Week commencing: 16th Nov, 7th Dec, 11th Jan, 1st Feb,

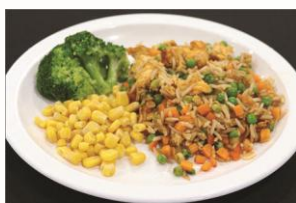
MONDAY

MAIN MEAL



Cheese & Tomato Pinwheel with Dry Roasted Potato Wedges and Seasonal Veg

VEGETARIAN



Chinese-Style Egg Rice with Seasonal Veg

JACKET POTATO / PASTA



Pasta with Tomato and Basil Sauce

DESSERT



Shortbread

TUESDAY



Beef Burger in a Bun with Dry Roasted Potato Wedges and Seasonal Veg



Victory Burger in a Bun with Dry Roasted Potato Wedges and Seasonal Veg

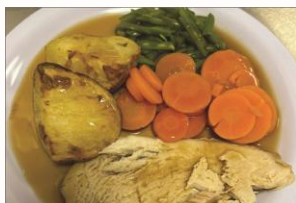


Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chocolate Brownie

WEDNESDAY



Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



Classic Mince & Onion Pie with Roast Potatoes and Seasonal Veg



Pasta with Tomato and Basil Sauce



Pineapple Upside Down Cake

THURSDAY



Chicken Tikka Masala with Rice and Seasonal Veg



Golden Chickpea Curry with Rice and Seasonal Veg



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



Dutch Apple Pie with Custard

FRIDAY



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



Margherita Pizza with Oven Chips, Peas and Beans



Pasta with Tomato and Basil Sauce



Fresh Fruit

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