

# Abbey Court September 2024

## Weeks 1-3

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Leek & Macaroni Cheese	Beef Fajita with Wholemeal Pasta	Roast Pork with Yorkshire Pudding	Chicken Carbonara	Homemade Sausage Roll
	Salmon Fishcake /Fish Fingers in a Bap	Spanish Omelette with Mash Potatoes	Roast Quorn Fillet	Vegetarian Bolognese	Cheese and Bean Slice
	New Potatoes		Roast Potatoes	Garlic Bread	Chips
	Carrots	Peas	Green Beans		Baked Beans
	Salad Bar	Sweetcorn	Swede & Carrot Mash	Vegetable Medley	Peas
	Orange & Mango Smoothie	Peaches & Pears with Chocolate Sauce	Mandarin Jelly	Malva Pudding with Cream	Chocolate Tiffin
Week 2	Beef Burger In a Bap	Hunters Chicken with Wholemeal Rice	Roast Gammon with Apple Sauce	Spaghetti Bolognese	Fish Fingers
	Vegetarian Burger In a Bap	Quorn Bites In Tomato Sauce with Wholemeal Rice	Cheese & Onion Whirl	Chickpea & Butternut Curry with Rice	Veggie Bean Wrap
	Pasta Salad		Roast Potatoes		Chips
	Sweetcorn	Batton Carrots	Cabbage	Roasted Butternut	Baked Bean
	Peas	Broccoli	Cauliflower	Mixed Vegetables	Peas
	Fruit and Ice Cream	Lemon Drizzle Sponge	Shortbread with Strawberry Milkshake	Apple Crumble with Custard	Chocolate Cake
Week 3	Fruity Chicken Curry with Wholemeal Rice	Sausages with Onion Gravy	Roast Chicken with Stuffing	Mild Mexican Tortilla	Battered Fish
	Falafels in BBQ Sauce with Pasta	Vegetable Lasagne	Vegetarian Roll	Shepherdess Pie	Cheese Pizza
		Mash Potato	Roast Potatoes	Rice	Chips
	Grated Carrot	Roasted Vegetables	Cauliflower & Broccoli	Sweetcorn & Carrots	Baked Tomatoes
	Sweetcorn	Peas			Peas
	Strawberry Mousse with Peaches	Black Forest Cupcakes	Fruit Flapjack	Raspberry & Apple Sponge with Custard	Cookie

Freshly Baked Bread, Filled Jacket Potatoes, Salad, Fresh Fruit and Yogurts are available daily.