

Abbey Court- September 2021

Weeks 1-3

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Beef Bolognese with Wholemeal Pasta	Homemade Sausage Roll	Roast Gammon with Gravy	Chicken in BBQ Sauce	Breaded Salmon / Breaded Cod Fillet
	Vegetarian Bolognese with Wholemeal Pasta	Mediterranean Roasted Vegetable Calzone	Crunch Vegetable Crumble	Lentil & Vegetable Hot Pot	Vegetarian Bean Burger
		Mash Potato	Roast Potatoes	Rice	Chips
	Peas	Baked Beans	Creamed Swede	Roasted Vegetables	Baked Fresh Tomatoes
	Baton Carrots	Broccoli	Cabbage	Cauliflower	Sweetcorn
	Strawberry & Vanilla Mousse	Toffee Apple Crumble with Custard	Chocolate Krispy	Fruit Jelly	Cup Cake Black Forest Gateau
Week 2	Sausages	Savoury Mince Lamb	Roast Turkey with Gravy	Lasagne with Herby Bread	Jumbo Fish Finger
	Homemade Cheese & Onion Whirls	Veggie Spanish Paella	Quorn Swedish Style Balls with Gravy	Wholemeal Broccoli & Cheese Quiche	Moroccan Pitta Bread
	Mash Potato	Parsley Potatoes	Roast Potatoes	New Potatoes (quiche)	Jacket Wedges or Chips
	Peas	Baked Butternut	Medley of Vegetable	Roasted Vegetables	Coleslaw
	Ratatouille	Sweetcorn	(Cali, Carrot & Broccoli)	Green Beans	Peas & Fresh Carrots
	Oaty Apple & Sultana Crumble with Custard	Iced Sponge Fingers	Peach Melba	Lemon Sponge with Custard	Chocolate Fudge Flan
Week 3	Chicken Burger in a Bap with Potato Salad	Babotie with Rice	Roast Pork Loin with Apple Sauce & Gravy	Chicken Pie	Marinated Baked Fish
	Macaroni Cheese	Shepherdess Pie	Quorn Roast with Gravy	Chickpea, Spinach & Sweet Potato Curry with Brown Rice	Quorn Sausages
	Cucumber & Carrot Batons		Roast Potatoes	New Potatoes	Chips
		Creamed Butternut	Cabbage	Sweetcorn	Italian Baked Vegetables
	Sweetcorn	Roasted Vegetables	Carrots	Broccoli	Peas
	Frozen Yoghurt	Apple & Peaches Compote with Custard	Fruit Meringues with Cream	Chocolate Brownie	Jam Buns

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