

Abbey Court September 2022

Weeks 1-3

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Jacket Potato Selection- Tuna Mayo, Baked Beans, Veg Chili	Shepherd's Pie	Roast Turkey with Sage Onion Stuffing & Gravy	Cowboy Hash	Fish Goujons/Nuggets
	Vegetarian Chili Con Carne with Brown & White Rice.	Sweet Potato & Spinach Frittata with New Potatoes	Chickpea & Butternut Curry with Rice	Cheese & Tomato Pizza	Quorn Sausage
			Roast Potatoes	½ Jacket or Pasta	Chips
	Peas & Sweetcorn	Slice Carrots	Cabbage	Broccoli & Cauliflower	Baked Beans
	Baked Butternut	Broccoli	Mashed Swede	Sweetcorn	Winter Coleslaw
	Pear & Chocolate Sponge with Custard	Jam Buns	Chocolate Rice Pudding	Fruit Jelly	Sticky Toffee Apple Pudding with Custard

Week 2	Macaroni Cheese with Garlic & Herb Focaccia	Pork Sausages	Roast Gammon with Apple Sauce & Gravy	Turkey in BBQ Sauce	Battered Fish
	Vegetarian Wellington Gravy & New Potatoes	Cheese & Broccoli Wholemeal Quiche	Quorn Bolognese with Pasta	Falafel Balls in Tomato sauce	Veggie Burger
		Mash Potato	Roast Potatoes	Rice	Chips
	Peas	Roasted Vegetables	Broccoli	Root Vegetable Mash	Baked Beans
	Baton Carrots	Sweetcorn	Cauliflower	Green Beans	Cucumber Batons
	Natural Yoghurt Eton Mess	Apple & Banana Sponge with Custard	Ice Cream & Fruit Salad	Semolina Shortbread with Custard	Jam Sponge

Week 3	Fish Fingers / Salmon Fishcakes	Chicken Neapolitan	Roast Pork & Yorkshire Pudding	Mince Beef Pie	Open Coated Chicken Burger Sandwich with Tomato Relish
	Spiced Lentil & Vegetable Pasty	Vegetarian Moussaka	Homity Pie	Vegetarian Sweet & Sour with Wholemeal Noodles	Quorn Nuggets
	Mash Potato	Pasta Tubes	Roast Potatoes	Boiled Potatoes	Chips
	Ratatouille	Broccoli	Mashed Swede & Carrot	Cabbage	Baked Beans
	Peas	Sweetcorn	Cauliflower	Baton Carrots	Coronation Slaw
	Apple & Raisin Compote with Custard	Cherry & Pineapple Flapjack	Peach Melba	Malva Pudding & Cream	Strawberry Mousse

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