Abbey Court Menu H October 2026

WEEK 1

Monday

Mild Bean Chill
Lentils
Onions
Garlic Puree
Mild Chilli Powder
Cinnamon
Ground Cumin
Vegetable Oil
Tinned tomatoes
Plain Flour
Tin Red Kidney beans

Veggie Noodles
Egg noodles
Brown lentils
Mixed peppers
Sliced carrots
Sliced onions
Garlic powder
Ginger powder
Soy sauce
Tomato puree
Honey
Vegetable stock
Cornflour

Tuesday

Chicken Curry
Vegetable Oil
Onions
Curry Powder
Garlic puree
Diced Chicken
Red Peppers
Tin Chopped Tomatoes
Red Lentils
Water
Coriander

Veggie Burrito
Tortilla Wrap
Chick peas
Onions
Mixed Peppers
Carrots
Chopped tomatoes
Curry Powder
Turmeric
Cooked rice

Lemon School Cake
Plain Flour
Margarine
Baking powder
Caster Sugar
Eggs
Milk
Lemon rind and juice

Wednesday

Chocolate Shortbread
Margarine
Caster Sugar
Cocoa Powder
Plain Flour

Thursday

Smokey Chicken & Butterbean Pasta Bak
Whole wheat Pasta
Chopped Tomatoes
Diced Chicken
Butter Beans
Onions
Spinach

Apple Crumble & Custard
Plain flour
Wholemeal flour
Margarine
Granulated sugar
Filling
Tinned Apple

Cheddar Cheese
Garlic puree
Dried Mixed Herbs
Smoked Paprika
Tomato Paste

Custard Powder
Granulated sugar
Fresh milk

Friday

Stuffed Peppers

Whole Peppers
Tomato Puree
Mixed bean salad
Quorn mince
Paprika
Garlic
Water