Abbey Court Menu H October 2026

WEEK 2

Monday

Cauliflower Mac n Cheese
Macaroni
Cheddar cheese
Cauliflower
Margarine
Mustard
Plain flour
Milk
Black Pepper

Frittata
Red peppers
Baby Spinach
Eggs
Mixed Herbs

Jam Sponge & Custard
Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk
Topping
Jam
Custard Powder
Granulated Sugar
Milk

Tuesday

Falafel Pitta
Onions
Chickpeas
Baking powder
Parsley
Garlic puree
Cumin Powder
Coriander Powder
Cayenne Pepper
Pitta bread
Tomato Ketchup

Veggie Lasagna
Quorn Mince
Lentils
Tinned Tomatoes
Onion
Peppers
Mixed Vegetables
Tomato Puree
Garlic
Mixed Herbs
Lasagne sheets
Milk
Cheese
Margarine
Flour

Berry Blondie
Flour
Vanilla
Baking powder
Butter
Brown Sugar
Egg
Berries

Wednesday

Fruit Delight
Angel Delight
Milk Powder
Water

Thursday

Minced Beef Pie
Onions
Carrots
Minced Beef
Water
Gravy Mix
Pastry-

Vegetable Cobbler
Vegetables use seasonal i.e.- Butternut, Carr
Cannellini Beans
Chopped Tomatoes
Onion
Garlic Puree
Tomato Puree

Wholegrain Flour
Margarine
Ice cold water

Mixed Herbs
Cobblers
Margarine (Vegan)
Cool water
Wholegrain Flour

Friday

Cheese & Broccoli Puff
Puff Pastry
Cheese
Lentils
Broccoli
Mixed Herbs

Carrot & Apple Cake
Granulated Sugar
Eggs
Veg Oil
Vanilla
Water
Carrots
SR Flour
Baking Powder
Ground Cinnamon
Apples

·ots, Parsnips, Leeks, Peppers, Sweet Potato, Courgettes