Abbey Court Menu H October 2026

WEEK 3

Monday

BBQ Veggie Wrap
Quorn Pieces
Wraps
Cold Water
Onions
Garlic Puree
Oil
Tomato Puree
Soy Sauce
Tomato Ketchup
Vinegar
Worcester Sauce
Mustard Powder
Brown Sugar
Cayenne Pepper
Ginger- Ground
Cornflour

Cheese & Tomato Pasta
Wholemeal Pasta
Oil
Garlic
Paprika
Tomato Puree
Tomatoes
Lentils
Vegetable Bouillon
Water
Sugar
Cheese
Basil

Homemade Biscuit
Option 1- Ginger biscuits
Margarine
Self raising Flour
Soft brown sugar
Golden Syrup
Ground ginger
Egg
Option 2- orange cookies
Margarine
Caster Sugar
Orange zest
Plain Flour
Baking powder
Egg yolks

Tuesday

Sticky Chicken
Chicken
Peppers
Onions
Tomatoes
Garlic Powder
Tomato Puree
Soy Sauce
Honey
Mixed Herbs

Sticky Quorn Fillet
Quorn Fillet
Peppers
Onions
Tomatoes
Garlic Powder
Tomato Puree
Soy Sauce
Honey
Mixed Herbs

Wednesday

Veggie Parcel
Angel Delight
Milk Powder
Water

Apple & Syrup Sponge with Custard
Apples
Lemon juice
Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk
Ground Cinnamon
Syrup
Custard Powder

Thursday

Beef Pastitsio
Minced Beef
Lentils
Tomatoes
Onion
Peppers
Tomato Puree
Garlic
Mixed Herbs
Ground Cinnamon
Macaroni pasta
Béchamel Sauce.
Cheese – grated
Milk
Flour
Margarine

Veggie Bolognaise
Wholegrain Pasta
Lentils
Onions
Peppers
Tinned Tomatoes
Peas
Sweetcorn
Tomato puree
Basil

Friday

Super School Pizza
Bread Mix 50/50
Tomatoes
Tomato Puree
Cheese
Lentils
Mixed Herbs

Chocolate Sponge & Chocolate Sauce
Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk
Cocoa Powder
Chocolate Sauce
Fresh Milk
Sugar
Cornflour
Cocoa Powder