

THE ABBEY JUNIOR SCHOOL SUMMER MENU

WEEK 1
MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Carrot and coriander	Broccoli	Tomato	Leek and potato
Main Course	Beef chilli	Crispy chorizo and spring onion macaroni cheese	Lemon and herb roast chicken pieces	Pork and mushroom stroganoff	Breaded fisherman's catch goujons
Vegetarian	Five bean and lentil chilli	Original macaroni cheese	Quorn and vegetable filo pastry roast	Pea, butternut squash and sage risotto bake	Crispy polenta baked halloumi
Deli	Pesto chicken with Italian summer salad	Grilled turkey topped avocado, sunflower and watermelon salsa	Jerk baked pork, pineapple and kidney bean flatbread	Jacket potato with baked beans and grated cheddar	Beef goulash and onion soda bread
On the side	Rice Nachos Green beans Garden peas	Garlic bread Broccoli Sweetcorn	New potatoes Steamed carrots Spring greens	Brown rice Leek gratin Roast bell peppers	Chunky chips Sweetcorn Garden peas
A range of salads and proteins served daily					
Dessert	Coconut and jam tart with custard	Apple and pear buckle cake	Sultana flapjack	Strawberry cheesecake	Chocolate brownie

Yoghurt & Fruit served Daily

THE ABBEY JUNIOR SCHOOL SUMMER MENU

WEEK 2
MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Broccoli	Vegetable	Tomato	Carrot
Main Course	Pork sausages and gravy	Beef bolognaise	Mild Chicken and lentil curry	Lamb casserole	Turkey fajita
Vegetarian	Vegetarian sausages and gravy	Quorn bolognaise	Curried cauliflower steak with roast paneer and wilted spinach	Asparagus, watercress and edamame bean drop pancake	Mixed bean and vegetable tortilla parcel
Deli	Smoked cheddar, onion and artichoke frittata	Chilli baked salmon on teriyaki vegetable and noodle salad	Sausage roll with homemade brown sauce and rocket salad	Baked mushroom ravioli	Pea, parsley and lemon fishcake with bulgur wheat
On the side	Mashed potato Steamed Carrots Broccoli	Spaghetti Garlic and herb slice Spring greens Green beans	Pilau rice Poppadum and naan Saag aloo Curried chick peas	New potatoes Broccoli Baked Parsnips	Skinny fries Corn on the cob Smokey mushrooms
A range of salads and proteins served daily					
Dessert	Apple crumble with custard or cream	Peach melba muffin	Mango tart with lime and coconut cream	Banana, toffee yoghurt and granola pot	Chocolate sponge and chocolate sauce

Yoghurt & Fruit served Daily

THE ABBEY JUNIOR SCHOOL SUMMER MENU

WEEK 3
MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Vegetable	Courgette and butternut squash	Tomato	Carrot
Main Course	Chicken stir fry	Tomato pot roast Pollack with chick peas	Beef lasagne	Cajun turkey pot pie	Thin base bbq chicken pizza
Vegetarian	Red Thai vegetable and tofu curry	Vegetable tagine filled aubergine with mint yoghurt	Tomato and herb baked gnocchi	Mushroom, spinach and ricotta pinwheel	Thin base margarita pizza
Deli	Vegetable and brie tart	Cheese salad wrap Or Ham salad wrap	Giant onion bhaji with Indian salad and mango chutney	Minute steak and chimichurri hirata bun	Lamb kofta, couscous and hummus
On the side	50/50 rice Smacked cucumber Sugar snap peas	Bulgur wheat salad Green beans Courgettes	Garlic and herb slice Broccoli Basil mushrooms	New potatoes Carrots Cauliflower cheese	House potato wedges Sweetcorn Garden peas
A range of salads and proteins served daily					
Dessert	Lemon Drizzle sponge	Apple and raspberry quiche	Sticky toffee pudding with cream	Rhubarb Eton mess	Choc chip and zucchini cookie

Yoghurt & Fruit served Daily