



Senior School Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato and basil	Carrot and coriander	Cream of cauliflower	Mixed vegetable	Parsnip and honey
Main Course	Sweet & sour pork	Lincolnshire Sausage and mash	Roast chicken leg marinated in thyme	Lamb tagine	Breaded fish goujons, homemade tartare sauce
Street Food	Chinese vegetable noodles	Chicken pastry puff Cheese and veg pastry puff	Spicy beef kofta or Vegetable skewer with pita	Mixed fish tagine or tagine with borlotti beans	Burger bar A changing range of burgers with a choice of meat and vegetarian options
Vegetarian	Sweet and sour veg with chick peas	Quorn sausage and mash	Tomato and olive risotto	Roasted vegetables & seeded crumble topping	Spicy vegetable and tofu enchilada topped with cheese and tomato salsa
Pasta/Jacket	Bolognaise	Cream of mushroom	Mediterranean vegetable	Pea and watercress	Tomato and herb
On The Side	Basmati rice Broccoli & carrots	Cauliflower Sliced broad beans Onion gravy	Roast potatoes Yorkshire puddings Broccoli/creamed leeks	Mashed potatoes Sweetcorn Steamed white cabbage	Beans and peas lemon wedges Chips
A choice of sandwiches, salads, and proteins with a range of dressings and toppings					
Dessert	Fruity flapjack	Treacle sponge	Strawberry cheesecake	Sticky toffee pudding & toffee sauce	Banana muffin

Yoghurt & Fruit served Daily



The Abbey

The independent school for girls aged 3-18.

Senior School Lunch Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cream of tomato	Broccoli	Leek and potato	Cream of celeriac	Sweetcorn
Main Course	Chicken, pea and spinach pie	Pasta carbonara	Roast gammon and Yorkshire pudding	Chicken & mushroom bbq casserole	Pepperoni pizza
Street Food	Tuna & sweetcorn melt/cheese and tomato melt	Giant piri piri chicken skewers, or grilled halloumi on tzatziki/ pitta, sour cream	Salmon and smoked haddock fish cakes or coriander and mozzarella cakes	Homemade sage and onion sausage roll or sage & onion veg roll	Sticky chilli & honey ribs or Quorn nuggets
Vegetarian	Roast veg stuffed pepper with goat's cheese on couscous	Pasta bake with ricotta cheese	Large flat mushroom topped with herb crust	Vegetable and borlotti bean bbq casserole	Margherita pizza
Pasta/Jacket	Quorn bolognese	Homemade basil pesto	Cream and bacon	Cheddar and parsley	Tomato and basil
On The Side	Kale Broccoli Steamed new potatoes	Garlic bread Sweetcorn Baked red cabbage	Roast potatoes Honey parsnips Carrots	Green beans Carrot and swede mash	Chips Beans Peas
A choice of sandwiches, salads, and proteins with a range of dressings and toppings					
Dessert	Eton mess	Warm Lemon drizzle cake	Chocolate panna cotta	Fresh fruit platters	Millionaire shortbread

Yoghurt & Fruit served Daily



Senior School Lunch Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato and herb	Roast mixed pepper	Carrot and orange	Minestrone	Spinach and broccoli
Main Course	Thai green chicken curry	Cottage pie	Roast pork & apple sauce	Bacon Mac and cheese	Spicy beef tacos
Street Food	Butternut squash & coriander falafels with wild rice	Tuna pasta bake Or veg bake	Lamb kebab or stir fried veg, khobez bread, tzatziki	Giant noodle and bean sprout filo parcel	Chilli chicken wings Or onion rings and sour cream
Vegetarian	Thai green vegetable and smoked tofu curry	Mediterranean vegetable, red lentil & sweet potato topped pie	Mushroom and butter bean stroganoff with rice	Classic mac and cheese	Spicy veg and smoked tofu tacos
Pasta/Jacket	Sundried tomato pesto	Spinach and butter bean	Arrabiata sauce	Garlic and herb	Tomato and olive
On The Side	White & brown rice/tarka dal, poppadoms, mango chutney/ moulis	Green beans Roast parsnips	Cauliflower Savoy cabbage Roast potatoes	Garlic bread Sautéed leeks & broccoli	Potato wedges, sour cream, tomato salsa, peas and beans
A choice of sandwiches, salads, and proteins with a range of dressings and toppings					
Dessert	Corn flake and golden syrup cake	White chocolate brownie	Peach and fruits of the forest pie with cream	Bread and butter pudding	Chocolate sponge & chocolate sauce

Yoghurt & Fruit served daily