

# The Abbey Senior School Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup with Homemade Bread</b>	Cream of Tomato	Fabio's Minestrone	Spring Vegetable	White Onion and Cheddar	Leek and Potato
<b>Main Course</b>	Lincolnshire Sausage with Fried Onion and Rich Pan Juices	Beef Lasagne With Garlic Bread	Crispy Roast Norfolk Chicken in a Rich Bacon Gravy	Chilli Con Carne	Breaded Cod Fillet with Roasted Lemons, Fresh Tartar, Gherkins and Onions
<b>Street Food</b>	Lamb Samosa or Vegetable Spring Roll with Sweet Chilli Dipping Sauce	Mixed Meat Panini or Classic Margherita Panini	Creamy Fish Pie Pots with Cheesy Mash and House Salad	Giant New York or Veggie Hotdog With Onions and Relish	BBQ Pulled Pork or a Vegetable Fillet Burger in an Onion Bap with Apple Sauce and Coleslaw
<b>Vegetarian</b>	Vegetable Sausage Bake	Vegetable Pasta Bake with Garlic Bread	Vegetable and Bean Strudel with Rich Tomato Fondue	Rustic Vegetable and Quorn Chilli	Grilled Vegetable and Silken Tofu Moussaka
<b>Pasta/Jacket</b>	Arrabbiata Sauce	Parmesan Cream	Green Pesto	Three Cheese and Chive	Herbed Cream
<b>Rich tomato and basil sauce available daily</b>					
<b>On The Side</b>	Buttered Mash Fresh Green Beans Steamed Rosemary Carrots	Whole Buttered Sweetcorn and a Ratatouille of Vegetables	Panache of Seasonal Vegetables Crispy roast potatoes Yorkshire Pudding	Braised Saffron Rice Sautéed Courgettes and peppers Broccoli Florets	Twice Cooked Chips Mushy Peas Beans
<b>A choice of Artisan sandwiches, salads, and proteins with a range of dressings and toppings</b>					
<b>Dessert</b>	Artic Roll	Giant Warm White Chocolate Cookies	Orange Syllabub with Candied Orange	The Abbey Chocolate and Black Cherry Brownie with Morello Cherry Sauce	Eton Mess Pots

**Yoghurt & Fruit served Daily**

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup with Homemade Bread</b>	Vine Tomato and Basil	Carrot and Coriander	Creamed Mushroom and Sage	Creamed Vegetable	Butternut Squash and Bramley Apple
<b>Main Course</b>	Spiced Chicken Fajitas	Spaghetti Bolognese with Parmesan	The Abbey Honey Roast Gammon with a Peach and Rosemary infused Chutney	Breaded Chicken with a Garlic and Parsley Butter	Breaded Plaice Fillets with Roasted Lemons, Fresh Tartar, Gherkins and Onions
<b>Street Food</b>	Buttered Penne Pasta with Pork or Vegetarian Meatballs in a Rich Tomato sauce	Fish Finger Baps with Shredded Lettuce and Tartar sauce	Tandoori Flavoured Chicken Legs or Seasoned Quorn Fillets on a bed of Curried Vegetables	Ground Beef or Vegetable Nachos with all the Trimmings	Minced Lamb or Ricotta and Spinach Cannelloni with Plum Tomato Pomodoro
<b>Vegetarian</b>	Sautéed Vegetable Fajitas	Quorn and Vegetable Bolognese	Mediterranean Vegetable Filo with Herbed Cream	Plump Gnocchi in a Sun blushed Tomato Cream	Chip shop Style House Battered Vegetable Sausage with Fresh Tartar, Gherkins and Onions
<b>Pasta/Jacket</b>	Red Pesto Cream	Tarragon and Grain Mustard	Creamed Pea and Spinach	Cream of Wild Mushroom	Caerphilly Cream Sauce
	<b>Rich tomato and basil sauce available daily</b>				
<b>On The Side</b>	Sweet Peas and Courgettes	Sweetcorn and Broccoli	Classic Dauphinoise Potato Sautéed Savoy Cabbage and Honey Roasted Roots	Buttered Mash Creamed Leeks and Green Beans	Skinny Fries Mushy Peas Baked Beans
<b>A choice of Artisan sandwiches, salads, and proteins with a range of dressings and toppings</b>					
<b>Dessert</b>	Mixed Berry Mousse	Peach and Pineapple Crumble with Cream	Chocolate Panna cotta with mint	Citrus Drizzle Cake with Vanilla Custard	Rocky Road Tray bake

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# The Abbey Senior School Summer Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup with Homemade Bread</b>	Sweet Pea and Mint	Vegetable and Bean Broth	Ramen Soup	Broccoli and Nutmeg	Spiced Red Lentil
<b>Main Course</b>	Chilli and Ginger Pork Chops	Chicken Tikka Masala with Basmati Rice and Poppadum	Roast Loin of Norfolk Pork with Cinnamon Apple Sauce and Crackling	Creamed Chicken and Leek Pie	Breaded Haddock Goujons with Roasted Lemons, Fresh Tartar, Gherkins and Onions
<b>Street Food</b>	Confit Chicken Legs With and Orange and Watercress Salad	Cornish or Vegetable Pasties with Piccalilli or Chutney	Giant Tabbouleh and Grilled Salmon Pots	Hickory Smoked Ribs with Swedish Style Coleslaw and Buttered Corn	Cajun Fried Chicken or Handmade Bean Burgers with all the Trimmings
<b>Vegetarian</b>	Chilli Bean and Squash Stew with Crushed Potatoes	Grilled Vegetable Masala with Basmati Rice	Wild Mushroom and Sage Risotto with Parmesan	Warm Mozzarella and Spinach Quiche	Vegetable and Five Bean Paella finished with Pesto Ricotta
<b>Pasta/Jacket</b>	Smoked Bacon and Mushroom Cream	Smoked Chorizo and Tomato	Quorn Bolognaise	Portobello Mushroom in a Rich Paprika Cream	Creamy Tarragon and Whole Grain Mustard
<b>Rich tomato and basil sauce available daily</b>					
<b>On The Side</b>	Buttered Egg Noodles, Courgettes and Ribbon Vegetables	Bombay Potato, Turmeric Cauliflower and Cumin Battered Broccoli	Herbed Parmentier Potato Cauliflower and Broccoli Cheese Medley of Peas and Sweetcorn	Bubble and Squeak Sweet Potato Mash, Fresh Green Beans and Cumin Toasted Carrots	Chunky Chips, Buttered Peas and Baked Beans
<b>A choice of Artisan sandwiches, salads, and proteins with a range of dressings and toppings</b>					
<b>Dessert</b>	Rhubarb Fool	Banana and Chocolate Bread and Butter Pudding with Pouring Cream	Lime Infused Cheesecake	Warm Syrup Sponge with Crème Anglaise	Cranberry and White Chocolate Flapjack

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