

Summer Breakfast

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Hot Items</i>	Crusty Baguette Filled With Bacon -x- Pain Au Chocolate	Sausage Bap -x- Eggy Bread with Crispy Bacon Bits	Crushed Avocado on Toast with Roasted Cherry Tomato -x- Eggs in a Basket	Butter Croissant -x- Skewered Pancake Stack	Full English Breakfast
<i>Daily Special</i>	Breakfast Oat Pot	Bircher Muesli	Berry Omelette	Cheese & Bacon Muffin	Meat Free Breakfast Burrito
<i>Daily Breakfast Items</i>	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves
<i>Fruit</i>	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit



Summer Breakfast

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hot Items</i>	Pain Au Chocolate -x- Crusty Baguette Filled with Cumberland Sausage	Bacon & Cheese Topped Bagel -x- French Toast	Sausage English Muffin -x- Avocado, Tomato & Cream Cheese Croissant	Baked Bean & Cheese Pot -x- Crusty Bacon Baguette	Full English Breakfast
<i>Daily Special</i>	Keto Blueberry Muffin	Banana & Berry Oats	Mini Egg & Bacon Frittata	Breakfast Burrito	Scotch pancakes with sticky apple & raisins
<i>Daily Breakfast Items</i>	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves
<i>Fruit</i>	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit



Summer Tuck Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Tuck	Seeded Flapjack -x- Chocolate & Chia Seed Shake	Beetroot Brownie -x- Banana Berry Milkshake	Cheddar Cheese & Courgette Muffin -x- Quinoa Smoothie	Oatmeal & Raisin Cookie -x- Spinach & pear Smoothie	Jam Doughnut -x- Sunshine Orange Smoothie
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Tuck	Apricot & Pumpkin Seed Granola Bar -x- Yoghurt, Oat & Berry Smoothie	Hummus Dip with Pitta Bread -x- Chocolate Cherry Smoothie	Berry & Coconut Try Bake -x- Purple & Green "Abbey" Smoothie	Healthy Apple Pie Granola Bar Bites -x- Chocolate & Banana Smoothies	Seeded Chocolate Brownies -x- Healthy Strawberry Milkshake



Summer Lunch

<i>Week 1</i>	<i>Meat Free Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Soup</i>	Pea & Spinach	Creamy Mushroom	Curried Chickpea & Spinach	Carrot & Coriander	Red Pepper & Parsely
<i>Main course 1</i>	Classic Thin Crust Pizza with Cheese, Tomato, Mixed Peppers & Red Onion	Mauritian Chicken Curry	Bangers 'n' Mash with Onion Gravy	Creamy Chicken & Bacon Pasta Bake	Battered Haddock Portion with Lemon Mayonnaise & Gherkins
<i>Vegetarian</i>	Creamy Courgette Lasagne	Garlic & Ginger Tofu Skewers	Vegetarian Sausage Roll with Poppy Seed Pastry	Greek Feta Pie	Spiced Beetroot & Goat's Cheese Tart
<i>6th Form Grab & Go</i>	Cheese & Tomato Panini Ham & Cheese Panini	Sweet Chilli Chicken & Coriander Wrap Sweet Chilli Quorn Wrap	The Full Greek Flatbread Mozzarella & Basil Flatbread	Spicy Italian Panini Mature Cheddar & Sundried Tomato Panini	Mini Meatball Marinara Mini Falafel Marinara
<i>On the side</i>	Baked Jacket Wedges Sweet Garden Peas Steamed Corn on the Cob with Cajun Spice	Fragranced Basmati Rice with Cardamom & Cumin Seed Chana Masala Naan Bread Shards	Creamed Potatoes Orange Glazed Carrots with Poppy Seeds Roasted Courgettes with Garlic	Garlic Bread Spring Green Cabbage with Black Pepper Roasted Baby Corn with Smoked Paprika	Salted Chip Shop Style Fries Garden Peas Baked Beans
<i>Jacket Bar</i>	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
<i>Pasta Bar</i>	Tomato & Basil Mushroom & Tarragon	Tomato & Basil Rocket Pesto	Tomato & Basil Smoked Paprika & Bacon	Tomato & Basil Roasted Garlic & Red Pepper	Tomato & Basil Feta, Leek & Bacon
<i>Extras</i>	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt
<i>Dessert of the Day</i>	Blackberry & Lemon Fool	Self Saucing Butterscotch Pudding with Whipped Cream	Milk Chocolate Pots	Blueberry Tray bake with Lemon Icing	Peach & Mixed Berry Pavlova



Summer Lunch

Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Cream of Cauliflower with a dusting of Cayenne	Sweet Potato & Chick pea	Ramen Noodle Soup	Mixed Vegetables	Cream of Broccoli
<i>Main course 1</i>	Aubergine & Quorn Mince Chilli	Pork Strips in Plum Sauce	Chicken & Vegetable Pie With Gravy	Minced Beef Bolognese	Southern Fried Chicken with Pineapple, Coriander & Chilli Salsa
<i>Vegetarian</i>	Sweet Potato Cagine (Fusion between Curry & Tagine)	General Tso Tofu	Savoury Pancakes stuffed with Spiced Potato & Spinach	Quorn Carbonara	Southern Fried Quorn Fillet
<i>6th Form Grab & Go</i>	Cheese & Red Onion Panini Tuna Melt Panini	Philly Cheesesteak Veggie Patty	Cheese & Ham Toastie Cheese & Tomato Toastie	Southern Fried Chicken Wrap Quorn Goujon Wrap	"The Abbey School" Club Sandwich "The Vegetarian Abbey School" Club Sandwich
<i>On the side</i>	Steamed Rice with Fresh Coriander Wilted Spinach Tortilla Chips with Sour Cream & Guacamole	Soy Marinated Egg Noodles Steamed Chinese Leaf Bok Choi with Chilli & Ginger	Creamy Mash Potato with Parsley Sauté Kale Roasted Root Vegetables	Short Spaghetti Garlic Bread Baby Corn & Sauté Sugar Snap Peas	Sea Salted Seasoned Skinny Fries Smokey Corn on the Cob Cowboy Beans
<i>Jacket Bar</i>	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
<i>Pasta Bar</i>	Tomato & Basil Creamy Fennel & Pesto	Tomato & Basil Garlic & Cream	Tomato & Basil Four Cheese Sauce	Tomato & Basil Curly Kale, Chilli & Garlic	Tomato & Basil Bolognese Sauce
<i>Extras</i>	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt
<i>Dessert of the Day</i>	Mini Fudge Bars	Toffee Bread & Butter Pudding	Dark Chocolate & Orange Mousse	Spiced Parsnip Cake with Custard	White Chocolate, Lemongrass & Ginger Cookie



Summer Lunch

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Cream of Sweetcorn	Broccoli & Stilton	Spiced Mulligatawny	Cauliflower Cheese	Cream of Chicken
<i>Main course 1</i>	Macaroni Cheese with Garlic Bread	Chicken Dhansak	Roast Beef with Yorkshire Puddings	Mexican Chicken Stew	BBQ Pork Ribs
<i>Vegetarian</i>	Fennel & Lemon Risotto	Vegetable Biryani	Squash & Celeriac Crumble	Apricot & Quorn Tagine	BBQ Quorn Fillets with Spring Onions
<i>6th Form Grab & Go</i>	Cheese & Tomato Panini Ham & Cheese Panini	Sweet Chilli Chicken & Coriander Wrap Sweet Chilli Quorn Wrap	The Full Greek Flatbread Mozzarella & Basil Flatbread	Spicy Italian Panini Mature Cheddar & Sundried Tomato Panini	Mini Meatball Marinara Mini Falafel Marinara
<i>On the side</i>	Toasted Garlic Bread Red Onion & Sweetcorn Kernels Steamed Broccoli	Fragranced Pilaf Rice Mini Poppadum Spiced Spinach, Red Onion & Baby Corn Tomato Chutney	Crispy Roast Potatoes with Spring Onions & Sea Salt Cauliflower Cheese with Smoked Paprika Aniseed Roasted Carrots	Steamed Rice Kale, Sugar Snap & Edamame Beans Baked Tortilla Shards	Baked Jacket Wedges seasoned with Fajita Spice Garden Peas Refried Beans
<i>Jacket Bar</i>	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
<i>Pasta Bar</i>	Tomato & Basil Smoked Aubergine & Olive	Tomato & Basil Leek & Gammon	Tomato & Basil Four Cheese Sauce	Tomato & Basil Creamy Parmesan	Tomato & Basil Bacon & Cheese
<i>Extras</i>	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt	Sandwiches, Salads & Proteins with Dressings and Oils. Jelly, Fruit & Yoghurt
<i>Dessert of the Day</i>	Little Iced Lemon Mousse	Spiced Dark Apple Cake	Orange Posset with Poached Rhubarb	Apple Strudel with Vanilla Custard	Chilli Chocolate Cookies





Summer Lunch Salads

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Everyday Salad</i>	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn
<i>Carb Simple</i>	Roast New Potatoes, Radish, Pumpkin Seeds with Yoghurt & Chilli Dressing	Greek Pasta Salad	Mediterranean Potato Salad with Sundried Tomato & Parmesan	Ratatouille Pasta Salad	Noodle Salad with Chilli & Roasted Seeds
<i>Protein Meat</i>	Roasted Asparagus & Pea with Boiled Egg & Bacon	Indian Chicken with Lentils & Minted Yoghurt	Griddled Pineapple & Chicken Salad	Chicken Caesar Salad	Shrimp Panzella
<i>Protein Veg</i>	Grilled Halloumi with Watermelon, & Caper Breadcrumbs	Roasted Chick Pea & Kale	Beetroot, Mozzarella & Quinoa	Broad Bean, Barley & Mint Salad	Artichoke, Blood Orange & Feta Salad
<i>Composite Salad</i>	Roasted Lemon, Fennel & Tomato with Pomegranate Seeds	Zingy Courgette & Spinach Salad	Spring Vegetable & Cauliflower Tabbouleh	Green Beans, Cherry Tomato & Red Onion	Chargrilled Vegetable Salad
<i>Additional Items</i>	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings





Summer Lunch Salads

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Everyday Salad</i>	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn	Tomatoes, Mixed Leaves, Cucumbers & Sweetcorn
<i>Carb Simple</i>	Creamy Mustard Potatoes	Curried Pasta Salad with Spring Onion & Yoghurt Relish	Mixed Bean & Wild Rice Salad	Lemony Potato, Broccoli & Goat's Cheese Salad	Courgette & Gremolata Pasta Salad
<i>Protein Meat</i>	Crunchy Asian Ramen Noodle Salad	Chorizo & Boiled Egg Salad	Tuna, Asparagus & White Beans	Thai Shredded Chicken & Runner Bean Salad	Egg, Crispy Streaky Bacon & Watercress Salad
<i>Protein Veg</i>	Peach, Mozzarella & Watercress Salad	Mini Vegetable Samosas With Minted Yoghurt	Halloumi, Avocado & Lime Salad	Mini Spring Roll with Sweet Chilli Dip	Greek Salad with Minted Feta
<i>Composite Salad</i>	Spiced Cous Cous with Edamame Beans	Smoked Aubergine & Red Pepper Salad	Tomato & Carrot Salad Dressed with Chilli, Lime & Coriander	Brie & Spinach Frittata	Slow Cooked Summer Blushed Tomatoes, Peppers & Beetroot
<i>Additional Items</i>	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings	Croutons Mixed Seeds Marinated Olives Various Dressings

