



## Senior School Autumn Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Leek & potato	Carrot & orange	Cream of mushroom	Tomato and herb	Broccoli
<b>Main Course</b>	Chicken & chorizo Paella & house salad	Classic macaroni and cheese	Roast gammon with classic trimmings	Chicken tikka masala with rice	Fish and chips with tartare sauce
<b>Street Food</b>	Classic fish pie	Homemade Sausage roll or Vegetable roll	Giant Meatballs in Neapolitan sauce with penne pasta	Flaked Asian salmon with bok choy and egg noodles	Cheese and tomato pizza baguette
<b>Vegetarian</b>	Mediterranean vegetable and butter bean paella	Butternut squash risotto & mascarpone	Homemade falafel served with pita & mint yoghurt	Vegetable & mixed bean gumbo	Quorn burger in a seeded bun
<b>Pasta/Jacket</b>	Tomato & basil	Asparagus and pea	Chunky vegetable	Cream of leek	Five bean
<b>On The Side</b>	Sweetcorn, Baton mouli	Peas and broccoli, Garlic bread	Honey roast parsnips, Cauliflower, Dauphinoise potatoes	Quinoa Peas, Sliced carrots	Chips, Beans, Peas, Lemon wedges
<b>A choice of sandwiches, salads and proteins with range of dressings and toppings</b>					
<b>Dessert</b>	Fruit compote & sponge	Vanilla panna cotta	Oaty winter spiced pear crumble and custard	Rocky road (v)	The abbey chocolate tiramisu (decaf)

**Yoghurt & Fruit served Daily**





# Senior School Autumn Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Cream of tomato	Pea & mint	Minestrone	Sweet potato and garlic	Roasted vegetable
<b>Main Course</b>	Chicken Nasi goreng	Sausage & mash with gravy	Roast chicken with classic trimmings	Beef chilli & tortilla chips	Homemade chicken burger in a brioche bun
<b>Street Food</b>	Thai fish or vegetable cakes with sweet chilli dipping sauce	Cheese and pastrami melt/mozzarella & tomato melt	Seared beef/tofu & egg noodles with chilli	Cheese and tomato / Pepperoni pin-wheel	Bbq chicken wings
<b>Vegetarian</b>	Vegetable and soya bean chow mein	Quorn sausage and mash with gravy	Veg tart topped with parmesan crust	Mixed bean & Quorn chilli	Vegetable burger
<b>Pasta/Jacket</b>	Quorn bolognaise	Tomato and basil	Spinach and borlotti beans	Mixed peppers	Garlic and herb
<b>On The Side</b>	Rice Naan bread Cauliflower	Baked beans Sweetcorn	Baton carrots, Swede & parsnip mash , Roast new potatoes	Basmati rice, Chickpea and spinach sag	Bbq beans, Peas, Chunky chips
<b>A choice of sandwiches, salads and proteins with range of dressings and toppings</b>					
<b>Dessert</b>	Rice pudding with toffee sauce	Winter berry cheesecake pot	Apple crumble & custard	Blueberry muffin	Chocolate sponge and chocolate sauce

**Yoghurt & Fruit served Daily**





**The Abbey**

The independent school for girls aged 3-18.

## Senior School Autumn Menu

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Tomato & basil	Parsnip & honey	Red lentil and roasted pepper	Ham & sweetcorn	Cream of broccoli
<b>Main Course</b>	Beef lasagne with garlic bread	Chicken and sweetcorn pie	Stir fried beef in hoi sin sauce	Spaghetti bolognaise	Chicken fajita
<b>Street Food</b>	Poached salmon Or Pea and Asparagus risotto	Minted lamb kofta / Vegetable skewer in a pita with tatziki	Pulled pork wrap	Bbq ribs and wild rice	Spicy beans and cheese topped potato wedges
<b>Vegetarian</b>	Mixed vegetable & bean lasagne	Root vegetable & borlotti bean pie	Chick pea and tomato curry	Sweet and sour Asian veg & tofu with rice	Chunky Quorn and vegetable fajita
<b>Pasta/Jacket</b>	Roasted red pepper and courgette	Tomato & herb	Carbonara	Ham and cheese or Plain cheese	Mediterranean veg
<b>On The Side</b>	Green salad, green beans	cauliflower, kale, roast potatoes	Baton carrots Rice & peas	Broccoli & cauliflower	Wedges, soured cream, tomato salsa, beans & guacamole
<b>A choice of sandwiches, salads and proteins with range of dressings and toppings</b>					
<b>Dessert</b>	Giant oat cookie	Rice crispy cake	Strawberry mousse	Seeded flapjack	Chocolate & beetroot brownie

**Yoghurt & Fruit served daily**