



PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK ONE

ABINGDON PRIMARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Breaded chicken served with potato and tomato sauce.	Classic Italian Lasagne topped with Mozzarella served with Garlic Dough balls	Our Roast of The Day, served with all the traditional accompaniments, Roast Potatoes, Sage & Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Freshly Baked Fillet of Battered MSC certified Fish with Chips
Vegetarian Main Course	Macaroni Cheese Bake	Roasted Vegetable Sausages, Gravy & Creamy Mash	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Doughballs	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice or Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Broccoli	Fresh carrots & Sweetcorn	Sliced Green Beans & Cauliflower	Roasted peppers & Sweetcorn Savoy Cabbage	Garden Peas or Baked Beans
Salads	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Sandwich	Cheese sandwich	tuna sandwich	Egg sandwich	Ham sandwich	Tuna sandwich
Dessert	Reduced Sugar Banana & Chocolate Muffin/Cake Or fruit yogurt	Cherry and Sultana Flapjack Or fruit yogurt	Fruit Jelly & Ice cream Or fruit Yogurt	Pear and Cinnamon Cake with Custard Or fruit yogurt	Chocolate Brownie Or fruit yogurt

