



PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK TWO

ABINGDON PRIMARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Tuna Pasta Bake with Fresh Herbs and Tomato and Garlic Bread	Braised Red Tractor Beef, and Potato Pie, and it's topped with our delicious shortcrust Pastry!	Our Roast of The Day, served with all of our Seasons Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and a delicious Gravy	Traditional Shepherd's Pie, served with Gravy	Freshly Baked Fish Fingers with Chips or Baked Wedges
Vegetarian Main Course	Pizza Slice served with a Fresh Garden Salad	Roasted Vegetable Casserole topped with Fresh Parsley & Cheddar wholemeal croutons	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Vegetable curry with Wholegrain rice	Oven Baked Bean Burrito with Vegetable Rice or Chips and tomato Sauce
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 & Fresh carrots	Sweetcorn & Broccoli	Sliced green beans & fresh carrots	Braised Red cabbage & Sweetcorn	Garden Peas or Baked Beans
Salads	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Sandwich	Tuna sandwich	Cheese sandwich	Egg sandwich	Ham sandwich	Tuna sandwich
Dessert	Apple Crumble with Custard Or fruit yogurt	Fruity Flapjack Slice Or fruit yogurt	Fruit Jelly & Ice cream Or fruit yogurt	Banana Gingerbread Pudding and Custard Or fruit yogurt	Blueberry Muffin/Cake Or fruit yogurt