



PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK THREE

ABINGDON PRIMARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Chicken Sausages & Mash with a Red Onion Gravy	Beef Bolognese with Penne Pasta	Our Roast of The Day, served with all the traditional accompaniments, Roast Potatoes, Sage & Onion Stuffing and Gravy	Minced Turkey Meatballs with Wholegrain Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips or Baked Wedges and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Chickpea and Aubergine Dhansak with Wholegrain Rice	Vegetarian Brunch
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	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean vegetables Broccoli	Garden peas Or Baked beans
Salads	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Sandwich	Tuna sandwich	Ham sandwich	Cheese sandwich	Egg sandwich	Tuna sandwich
Dessert	Eves Pudding & Custard Or fruit yogurt	Superfood Flapjack Or fruit yogurt	Fruit Jelly & ice cream Or fruit yogurt	Banana Muffin or Traybake Or fruit yogurt	Chocolate crunch slices or fruit yogurt