

Week One

Abingdon primary

Primary Menu Week 1	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	<u>Tomato & mozzarella tart</u>	Classic Pasta Bolognese & Garlic Bread	Roast of the Day with roast potatoes Stuffing & Gravy	Creamy Chicken & Butternut Korma Curry & Mixed Rice	Crispy Fish Cheeseburger with Chips Or Tomato Sauce
Vegetarian Main Meal Option 1	Wholemeal Margherita Pizza Slice with Jacket Wedges	Veggie Mince Spaghetti Bolognese & Garlic Bread	Quorn Roast with Stuffing & Gravy	Vegetable Korma & rice	Crispy Veggie Burger with Chips & optional Lemon Slaw Or Tomato Sauce
Vegetable Selection	Green Beans Sweetcorn	Broccoli Roasted Summer Vegetables	Cauliflower Seasonal Greens	Wok Bashed Vegetables Carrots/Mixed Salad	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Pasta/sandwich Option	Pasta with a Choice of Cheese or Tomato Sauce	Sandwiches	Pasta with a Choice of Cheese or Tomato Sauce	Sandwiches	Pasta with a Choice of Cheese or Tomato Sauce
Dessert	Orange & Banana Traybake	Apple Flapjack	Tropical Crumble with Pineapple, Mandarin, Peaches & Cream	Watermelon & Pineapple Slices	Chocolate Cookie

Available Daily

Pick & Mix Selection

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts



Week Two

Abingdon primary

Primary Menu Week 2	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza with Herby Diced Potatoes	Cheesy Ham & Broccoli Spaghetti with Herby Focaccia	Roast of the Day with Yorkshire Pudding, Roast Potatoes & Gravy	Classic shepherds pie	Crispy Breaded Fish Fingers & Chips
Vegetarian Main Meal Option 1	Vegetable shepherds pie	Cheesy broccoli pasta	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Vegetable Selection	Sweetcorn & Peppers Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Broccoli Roasted Winter Vegetables	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Pasta / sandwich Option	Pasta with a Choice of Cheese or Tomato Sauce	Sandwiches	Pasta with a Choice of Cheese or Tomato Sauce	Sandwiches	Pasta with a Choice of Cheese or Tomato Sauce
Dessert	Oaty Raisin Cookies with Watermelon Slice	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	(Hidden) Beetroot Brownie

Available Daily

Pick & Mix Selection

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts





Week Three

Abingdon Primary

Primary Menu Week 3	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Veggie Meatballs with a Mediterranean Tomato Sauce & Fluffy Cous Cous	Traditional Toad in the Hole with Gravy	Roast of the Day with Stuffing & Gravy	Mild Piri Piri Chicken & Lentil Bake served with mixed rice	Classic Friday Fish & Chips with Tomato Sauce
Vegetarian Main Meal Option 1	Wholemeal Margherita Pizza with a half portion of Baby Baked Potatoes	Veggie toad in the hole with mashed potatoes	Quorn Roast with Stuffing, & Gravy	Tomato, Basil & Courgette Pasta Bake	Crispy veggie fingers & chips
Vegetable Selection	Mixed Vegetables Garden Salad	Green Beans Cauliflower	Wok Bashed Vegetables Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Pasta / pasta Option	Pasta with a Choice of Cheese or Tomato Sauce	Sandwiches	Pasta with a Choice of Cheese or Tomato Sauce	Sandwiches	Pasta with a Choice of Cheese or Tomato Sauce
Dessert	Chocolate Shortbread with Apple Smiles	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Lemon & Courgette Slice

Available Daily

Pick & Mix Selection

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts

