



Sodexo at Abingdon Preparatory School

Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread
Main Course	<p>Chunky Chilli</p> <p>Rice</p> <p>Peas</p>	<p>Sausages</p> <p>Mashed Potatoes</p> <p>Baked Beans</p>	<p>Chicken Fillet in a Bun</p> <p>Herby New Potatoes</p> <p>Peas & Sweetcorn</p>	<p>Cheesy Chops</p> <p>Roast Potatoes</p> <p>Broccoli & Carrots</p>	<p>Breaded Fish</p> <p>Chips</p> <p>Pea's</p>
Vegetarian	Macaroni Cheese	Quorn & Vegetable Bolognese Pasta	Cheese & Spinach Pancakes	Stir Fry Chow Mein	Bubble & Squeek Cake & Roasted Tomato
Salad bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Desserts	Apple & Cinnamon Crumble with Custard	Rice Pudding & Jam	Carrot Cake	Chocolate Shortbread	Jelly ,Fruit & Cream
Yogurt & Toppings	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar
Fresh Cut Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit



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Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
Main Course	Chicken Curry	Lamb Bolognaise	Honey & Herb Roast Chicken	Sweet & Sour Pork	Fish Pie
	Rice Pea's	Pasta/New Potatoes Sweetcorn & Green Beans	Roast Potatoes Broccoli & Carrots	Rice Peas & Green Beans	Chips Peas
Vegetarian	Broccoli & Stilton Quiche	Brie & Leek Strudel	Mushroom & Spinach Tagliatelle	Sweet Potato & Cauliflower Curry	Margherita Pizza
Salad bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Desserts	Treacle Sponge & Custard	Chocolate Chip Sponge with Chocolate Sauce	Apple Crumble & Cream	Ginger Sponge & Custard	Flapjack
Yogurt & Toppings	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar
Fresh Cut Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit



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Week Three Menu

	Monday (Pasta Bar)	Tuesday	Wednesday	Thursday	Friday
Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
Main Course	Carbonara Sauce Pasta Peas	Chicken & Sweetcorn Pie Mashed Potatoes Roasted Carrots & Cauliflower	Lasagne Jacket Potatoes Carrots & Pea's	Roast Pork & Stuffing with Apple Sauce Roast Potatoes Cabbage & Sweetcorn	Breaded Fish Chips Mushy Pea's
Vegetarian	Tomato & Basil Pasta Sauce	Cheese & Mushroom Stuffed Peppers	Butternut ,Spinach & Horseraddish Bake	Cheese & Vegetable Crumble	Cheese & Mushroom Omelette
Salad bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Desserts	Iced Sponge & Cream	Jelly ,Fruit & Cream	Sticky Toffee Pudding & Vanilla Sauce	Ice Cream	Americain Pancakes with Chocolate Sauce
Yogurt & Toppings	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar	Yoghurt Bar
Fresh Cut Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit