

Abingdon Prep School - Lunch Menu - Week One



Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Bread	Bread	Bread	Bread
Salad Cruditiés	Salad Cruditiés	Salad Cruditiés	Salad Cruditiés	Salad Cruditiés
Cottage Pie	Mexican Pork	Jamaican Chicken	Breaded Haddock	Chilli Beef
Spinach & Chick Pea Curry with Rice	Vegetable Tagine	Vegetable Bolognaise	Roasted Vegetable Quiche	Baked Beans & Cheese
New Potatoes	Rice	Pasta	Chips	Jacket potatoes
Roasted Carrots	Fine Green Beans	Peas & Sweetcorn	Peas	Salad
Cherry Crumble & Cream	Citrus Sponge with Citrus Sauce	Jam Roly Poly with Custard	Cornflake Tart & Cream Fresh Fruit	Fruit Trifle
Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit





Abingdon Prep School - Lunch Menu - Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Bread	Bread	Bread	Bread
Salad Cruditiés	Salad Cruditiés	Salad Cruditiés	Salad Cruditiés	Salad Cruditiés
		PASTA BAR		
Shepherds Pie	Sausages in a Yorkshire with Onion Gravy	Carbonara Sauce	Cajun Chicken & Tzaziki	Fish Pie
Spinach, Squash & Horseradish Bake	Leek & Mushroom Lasagne	Tomato ,Pepper & Onion Sauce	Mushroom Bake	Cheese and Tomato Pizza
Roasted New Potatoes	Mashed Potatoes	Garlic Bread	New Potatoes	Chips
Peas	Broccoli	Mixed Salad	Sweetcorn	Peas
				Baked Beans
Iced Sponge & Cream	Rice Pudding with Jam Sauce	Apple Pie & Custard	Raspberry Fool	Pineapple Upsidedown Cake & Cream
		Fresh Fruit		
Fresh Fruit	Fresh Fruit		Fresh Fruit	Fresh Fruit



Abingdon Prep School - Lunch Menu - Week Three



Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Bread	Bread	Bread	Bread
Chicken Curry	Lamb Stew with Dumplings	Beef Lasagne	Roast Pork with Apple Sauce	Breaded Haddock
Vegetable Moussaka	Ravioli Arabiatta	Spinach Pancakes	Macaroni Cheese	Vegetable, Oat & Cheese Bake
Rice	New Potatoes	Jacket Potatoes	Roast Potatoes	Chips
Sweetcorn	Peas	Green Beans	Broccoli & Carrots	Peas
Apple Crumble and Custard	Chocolate Crispie	Chocolate Sponge with Chocolate Sauce	Treacle Sponge & Custard	Jelly & Cream
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

