

Abingdon Prep School Lunch Menu - Week One



Monday

Tuesday

Wednesday

Thursday

Friday

Cottage Pie

Sausage and Tomato Pie

Chicken with Tomato
Sauce

Breaded Haddock

Thai Style Pork and
Noodles

Spinach and Apple Curry
with Rice

Chickpea and Vegetable
Stew

Macaroni Cheese

Quorn and Vegetable
Bolognese

Spinach and Squash
Horseradish Bake

New Potatoes

Spicy Potatoes

Roast Potatoes

Chips

Jacket Potato

Peas

Sweetcorn

Carrots & Mange tout

Peas

Green Beans

Cherry Crumble and
Cream

Citrus Sponge and Citrus
Sauce

Raspberry Fool

Banoffee Pie

Jam Roly Poly and
Custard



Abingdon Prep School Lunch Menu - Week Two



Monday

Sweet and Sour
Pork with Rice

Spinach Tart

New Potatoes
Roasted Carrots

Iced Sponge and
Cream

Tuesday

Sausages and Onion
Gravy

Leek and Mushroom
Lasagne

Mashed Potatoes
Broccoli

Rice Pudding and Jam

Wednesday

Pasta Bar

Garlic Bread
Salad

Apple Tart and Cream

Thursday

Cajun Chicken and Tzaziki

Sweetcorn and Pepper
Filo Triangles

Roasted New Potatoes
Green Beans

Apple and Blackberry
Sponge and Custard

Friday

Fish Pie

Cheese and Tomato Pizza

Chips
Baked Beans

Jelly, Fruit and Cream



Abingdon Prep School Lunch Menu - Week Three



Monday

Beef Curry and Rice
Cheese and Tomato Quiche
New Potatoes
Peas
Apple Crumble with Custard

Tuesday

Chicken and Vegetable
Cobbler
Cannelloni in Arriabatta
Sauce
Mashed Potatoes
Cabbage
Chocolate Crispie

Wednesday

Beef Lasagne
Pancakes with Peppers
and Basil
Jacket Potatoes
Sweetcorn
Chocolate Sponge and
Sauce

Thursday

Roast Pork and Apple
Sauce
Cheesy Potato and
Mushroom Gratin
Roast Potatoes
Broccoli and Carrots
Arctic Roll

Friday

Breaded Haddock
Tomato and Tarragon
Pilaf
Chips
Peas
Jelly and Yoghurt

