



Sodexo at Abingdon Prep School

Week One Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|-----------------------------|---|--|-------------------------------|
| Bread | Fresh Bread | Fresh Bread | Fresh Bread | Fresh Bread | Fresh Bread |
| Main Course | Cottage Pie Carrots | Sausages Baked Beans | Beef Stew & Herb Dumplings Peas | Cajun Chicken & Tzaziki Green Beans | Breaded Fish Peas |
| Vegetarian | Spinach & Mushroom Ravioli in a Cream Sauce | Roasted Vegetable Quiche | Cauliflower & Broccoli Bake | Mushroom ,Rocket & Red Pepper Risotto | Cheese & Mushroom Omelette |
| Potato /Carbohydrate | New Potatoes | Mashed Potatoes | Parsley Potatoes | Herb Roasted New Potatoes | Chips |
| Salad bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Desserts | Jam Roly Poly with Custard | Chocolate Tart | Toffee Apple Sponge & Custard | Chocolate Crispy | Raspberry Fool |
| 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 | Lamb Bolognaise Peas | Lasagne Green Beans | Chicken Fillet in a Bap Peas & Sweetcorn | Roast Pork with Stuffing & Apple Sauce Carrots & Broccoli | Fish Pie Baked Beans |
| Vegetarian | Mushroom Stroganoff | Vegetable Madras & Rice | Mushroom & Cheese Stuffed Peppers | Butternut ,Spinach & Horseradish Bake | Margherita Pizza |
| Potato /Carbohydrate | Pasta | Jacket Potato | Spicy Jacket Wedges | Roast Potatoes | Chips |
| Salad bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Desserts | Cherry Crumble & Cream | Treacle Tart & Custard | Citrus Sponge & Citrus Sauce | Jelly ,Fruit & Cream | Pears & 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 |



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Week Three Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|------------------------------------|--------------------------|--|--------------------------------|
| Bread | Fresh Bread | Fresh Bread | Fresh Bread | Fresh Bread | Fresh Bread |
| Main Course | PASTA BAR Spicy Chicken Sauce Garlic Bread | Paprika Pork Sweetcorn | Beef Curry Peas | Glazed Lemon & Pepper Chicken Carrots | Breaded Fish Mushy Peas |
| Vegetarian | Spinach & Mushroom Sauce | Cottage Cheese & Vegetable Lasagne | Macaroni Cheese | Spinach & Cheese Pancakes | Vegetable Wellington |
| Potato /Carbohydrate | Pasta | New Potatoes | Rice | Roast Potatoes | Chips |
| Salad bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Desserts | Apple & Cinnamon Crumble & Custard | Chocolate Sponge & Chocolate Sauce | Ginger Sponge & Custard | Rice Pudding & Jam | Banoffee Pie |
| 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 |