

WEEK 1 MENU

Abingdon Preparatory School

Monday

Cream of tomato & basil soup

Creamy ham carbonara with grated cheese

Mixed bean and tomato sauce pasta bake

Penne pasta
Baton carrots

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Marbled chocolate sponge with custard

Daily Selection of Yoghurts, Jellies

Tuesday

Roasted carrot soup

Pepperoni pizzas

Margarita pizzas

Potato wedges
Steamed green beans

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Vanilla cheesecake with raspberry coulis

Daily Selection of Yoghurts, Jellies

Wednesday

Chunky leek & potato soup

Beef & lentil lasagne with garlic bread

Quorn & lentil lasagne with garlic bread

Garlic bread
Sweetcorn

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Chocolate rice krispie cake

Daily Selection of Yoghurts, Jellies

Thursday

Lentil & tomato soup

Roast pork with apple sauce and gravy

Herby Gnocchi with butternut squash & goats' cheese

Roasted potatoes
Seasonal vegetables

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Mixed jellies with whipped cream

Daily Selection of Yoghurts, Jellies

Friday

Minestrone soup

MSC Fish fingers

Mediterranean Quorn burrito

Skin on chips
Peas
Baked beans

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Warm Belgian waffles with chocolate sauce

Daily Selection of Yoghurts, Jellies

Allergy information available on request

WEEK 2 MENU

Abingdon Preparatory School

Monday

Tomato & oregano soup

Roasted pork sausages
with gravy

Vegan sausage roll with
gravy

Creamy mashed potato

Baked beans

Steamed peas

Jacket potato bar with
baked beans

Baguettes or Wraps
with Ham, Cheese or
Tuna

Served salad bar
Fresh bread available

Creamy rice pudding
with strawberry jam

Daily Selection
of Yoghurts, Jellies

Tuesday

Roasted root vegetable
soup

Panko chicken breast with
Katsu curry sauce

Panko Quorn fillet with
Katsu curry sauce

Yellow braised rice

Roasted cauliflower &
baby spinach

Jacket potato bar with
baked beans

Baguettes or Wraps with
Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Vanilla & choc chip sponge
with custard

Daily Selection
of Yoghurts, Jellies

Wednesday

Vegetable cannellini pasta
soup

Spaghetti beef & lentil
bolognese

Quorn mince & lentil
bolognese

Garlic bread

Corn on the cob

Jacket potato bar with
baked beans

Baguettes or Wraps with
Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Chocolate cornflake cake

Daily Selection
of Yoghurts, Jellies

Thursday

Cream of tomato soup

Thyme roasted chicken
breast with gravy &
stuffing

Roasted vegetable
cassoulet

Roast potatoes

Hand mixed vegetables

Jacket potato bar with
baked beans

Baguettes or Wraps with
Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Mixed jelly selection with
whipped cream

Daily Selection

Friday

Broccoli soup

MSC Breaded pollack fillet
with lemon wedges

Vegan hot dogs with crispy
onions

Skin on chip

Baked beans

Steamed peas

Jacket potato bar with
baked beans

Baguettes or Wraps with
Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Bread & butter pudding
with custard

Daily Selection
of Yoghurts, Jellies

Allergy information available on request

WEEK 3 MENU

Monday

Carrot & coriander soup

Beef burgers with sliced cheddar

Beetroot & feta tart with basil 'nut free' pesto

Herby potato wedges
Steamed green beans

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Apple crumble with custard

Tuesday

Tomato & basil soup

Chicken tikka masala with onion bhajis

Tofu Thai red curry with pak choi

Braised fragrant rice
Green beans

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Mixed jelly selection with whipped cream

Daily Selection of Yoghurts, Jellies

Fresh cut or whole Fruit

Wednesday

Garden pea soup

Bacon carbonara with garlic bread

Macaroni cheese with garlic bread

Steamed sweetcorn

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Double chocolate sponge with chocolate sauce

Daily Selection of Yoghurts, Jellies

Fresh cut or whole Fruit

Thursday

Red pepper & tomato soup

Honey roasted gammon with gravy

Butterbean wellington with gravy

Roast potatoes
Seasonal vegetables

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Ice cream bar with sprinkles

Daily Selection of Yoghurts, Jellies

Friday

Roasted courgette soup

MSC Breaded fish finger wrap with tartare sauce

Tofish wrap with tartare sauce

French fries
Baked beans
Steamed peas

Jacket potato bar with baked beans

Baguettes or Wraps with Ham, Cheese or Tuna

Served salad bar
Fresh bread available

Beetroot chocolate brownie with whipped cream

Daily Selection

Allergy information available on request