

# WEEK 1 MENU

Abingdon Prep School

## Monday

Tomato & Basil Soup  
Fresh homemade bread

Sweet Chilli Chicken  
Or  
Stuffed Peppers

Noodles  
Green Beans

Jacket potato bar with  
Baked beans  
Baguettes or Wraps  
with Ham, Cheese or  
Tuna  
Salad bar

Rice Pudding

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Tuesday

Mushroom Soup  
Fresh homemade bread

Cumberland Sausages  
Or  
Veggie Sausages

Mashed Potatoes  
Peas  
Gravy

Jacket potato bar with  
baked beans  
Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Apple & Pear Crumble  
& Custard

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Wednesday

Pea & Mint Soup  
Fresh homemade bread

Beef Bolognese  
Or  
Quorn Bolognese

Spaghetti  
Garlic bread  
Corn on the cob

Jacket potato bar with  
baked beans  
Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Chocolate Mousse

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Thursday

Cream of Tomato Soup  
Fresh homemade bread

Roast Pork with Stuffing  
Or  
Vegetable Strudel

Roast Potatoes  
Roasted Root Vegetables  
Gravy

Jacket potato bar with  
baked beans  
Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Artic roll

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Friday

Roasted Vegetable Soup  
Fresh homemade bread

Meat Pizza  
Or  
Margarita Pizza

Potato Wedges  
Peas  
Baked Beans

Jacket potato bar  
Baguettes or Wraps  
with Ham, Cheese or  
Tuna  
Salad bar

Banoffee Pie & Cream

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

Allergy information available on request





# WEEK 2 MENU

Abingdon Prep School

## Monday

Tomato & Lentil Soup  
Fresh homemade bread

Mild Chicken Curry  
Or  
Vegetable Dhansak

Steamed Rice  
Naan  
Green Beans

Jacket potato bar with  
baked beans  
Baguettes or Wraps  
with Ham, Cheese or  
Tuna  
Salad bar

Jam & Coconut Sponge  
& Custard

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Tuesday

Mulligatawny Soup  
Fresh homemade bread

Sausage Casserole  
Or  
Veggie Sausage Casserole

Crispy Diced Potato  
Broccoli & Cauliflower

Jacket potato bar with  
baked beans

Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Ice Cream Bar  
Chocolate Sprinkles  
Sauce

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Wednesday

Broccoli Soup  
Fresh homemade bread

Meatballs in Tomato  
Sauce  
Or  
Roasted Butternut Squash  
& Pesto Gnocchi

Pasta  
Garlic Bread  
Sweet Corn

Jacket potato bar with  
baked beans  
Baguettes or Wraps with  
Ham, Cheese or Tuna

Salad bar

Banana Mousse

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Thursday

Roasted Butternut Squash  
Soup  
Fresh homemade bread

Cottage Pie  
Or  
Roasted Vegetable Cottage  
Pie

Sauteed Leeks & Carrots

Jacket potato bar with  
baked beans

Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Upside Down Pineapple  
Sponge & Custard

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Friday

Leek & Potato Soup  
Fresh homemade bread

Hot Dogs  
Or  
Veggie Hotdogs

French Fries  
Peas  
Baked Beans  
Fried Onions

Jacket potato bar  
Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Cornflake Cake

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

Allergy information available on request



# WEEK 3 MENU

Abingdon Prep School

## Monday

Mushroom Soup  
Fresh homemade bread

Chicken Chow Mien  
Or  
Quorn Chow Mien

Noodles  
Stir Fry Vegetables

Jacket potato bar with  
baked beans

Baguettes or Wraps  
with Ham, Cheese or  
Tuna

Salad bar

Chocolate Chip Sponge  
& Custard

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Tuesday

Cauliflower & Cheddar  
Soup  
Fresh homemade bread

Beef Chilli  
Or  
Vegetable Chilli

Rice  
Nachos  
Corn on the Cob

Jacket potato bar with  
baked beans  
Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Sticky Toffee Pudding &  
Toffee Sauce

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Wednesday

Tomato & Basil  
Fresh homemade bread

Bacon, Mac & Cheese  
Or  
Mac & Cheese

Garlic Bread  
Carrot Batons

Jacket potato bar with  
baked beans

Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Strawberry Mousse

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Thursday

Carrot & Coriander Soup  
Fresh homemade soup

Katsu Chicken Burger  
Or  
Katsu Quorn burger

Potato Wedges  
Vegetable Medley

Jacket potato bar with  
baked beans

Baguettes or Wraps with  
Ham, Cheese or Tuna  
Salad bar

Bananas in Custard

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

## Friday

Vegetable Soup  
Fresh Homemade bread

Breaded Pollock Fillets  
Or  
Quorn Nuggets

Chunky Chips  
Peas  
Baked Beans

Jacket potato bar  
Baguettes or Wraps  
with Ham, Cheese or  
Tuna  
Salad bar

Profiteroles

Daily Selection  
of Yoghurts, Jellies  
Fresh cut or whole Fruit

Allergy information available on request