

Abernant Menu 2022

Wk 1.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH/DINNER
Cheese & ham toasties Steak slice Cheese panini Waffles Baked potatoes Sweetcorn Salad bar Fruit Yoghurts	Cod breaded Chicken burgers Beef & onion pie Tomato & basil pasta Potato wedges Baked potatoes Peas Salad bar Fruit Yoghurts	Fish cakes Chicken goujons Corn beef slice Macaroni cheese Chips Baked potatoes Baked beans Salad bar Fruit Yoghurts	Fish fingers Beef burgers Chicken Mushroom pie Cheese & onion slice Curly fries Baked potatoes Spaghetti hoops Fruit Yoghurts	Cod battered Chicken nuggets Chicken Bald pies Vegetable nuggets Chips Baked potatoes Baked beans Mushy peas Fruit Yoghurts	Pizza Spring rolls Breaded cod Chips Baked beans Baked potatoes Baked beans Fruit Yoghurts	Roast beef Roast pork Roast chicken Veggie not so nut roast Roast potatoes Sweede Carrots Gravy Gateaux
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER/lunch
Beef lasagne BBQ chicken Pork steak Veggie lasagne New potatoes Carrots Cabbage Gravy Cheesecake	Braised beef Cumberland sausage Chicken curry Vegetable curry Braised rice Creamed potatoes Broccoli Cauliflower Gravy Jam roly poly & custard	Gammon & pineapple Sweet chilli chicken Spaghetti bolognaises Vegetable bolognaises Braised rice Parsley potatoes Brussels sprouts Carrots Gravy Doughnuts	Breaded chicken Sweet & sour pork Beef hotpot Veggie hotpot herb dice potatoes braised rice country mixed veg gravy apple crumble & custard	sweet & sour chicken beef curry Cajun pork Veggie sweet & sour Braised rice New potatoes Carrots Sweetcorn Gravy Chocolate brownies	Beef chilli Chicken Kiev Bread pork steak Veggie Kiev Sauté potatoes Braised rice Leeks Cauliflower Gravy Chocolate cookies	Cornish pasty Fish fingers Ravioli Cheesy pasta bake Wedges Spaghetti hoops Fruit Yoghurts