

Abercorn School Spring Menu: Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	"Meat free Monday" Mac and Cheese Tomato and Roasted Vegetable Linguini Jacket Potato Baked Beans Topping and Grated Cheddar	Mediterranean Beef Tagine Roasted veg Ratatouille Pesto Pasta	Jerk Marinated Chicken Thighs Vegetable Jamaican Patties Jacket Potato and Cheese	Chicken Burger Or Halloumi and pineapple Pasta	"Sustainable Friday"
Meat Free					Battered Cod Fillet Or Spinach and Feta Cheese en croute Jacket Potato and Cheese
On The Side	Cucumber, Grated Carrot & Cherry Tomato and Garlic Bread	Bulgar Wheat, Sweetcorn and Peas	Rice and Peas House Coleslaw	Roast new potatoes Kale and sprout slaw	Wedges, Garden Peas and Baked Beans
Dessert	Madeira Cake and Custard	Orange Jelly & Yoghurt Fruit Platter	"Veggie-Bake" Carrot Cake and Custard	Chocolate Mousse	Apple, Banana and Fruit of Forest Crumble and Custard
Every Day	Fresh cut fruit & Yoghurt		Fresh cut fruit & Yoghurt		Fresh cut fruit & Yoghurt

Abercorn School Spring Lunch Menu: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>“Meat free Monday” Vegetable Madras Curry</p> <p>Or</p> <p>Cauliflower Cheese Bake</p> <p>Jacket Potato Tuna, Mayo and sweetcorn topping</p>	<p>Beef Carbonnade or Melanzane Parmigiana</p> <p>Gratin Cherry Tomato Zucchini Penne Pasta</p>	<p>Teriyaki chicken thigh or Vegetable gyoza</p> <p>Jacket potato Grated Cheese Topping</p>	<p>Minced beef Lasagna or Vegetable Lasagna</p> <p>Tomato and pesto pasta</p>	<p>Breaded white Fish finger or Pitta bread pizza or Jacket Potato with Cheese and Baked Beans topping</p>
Meat Free					
On The Side	Rice, peas and Carrot	Mash Potato Cauliflower and Sweetcorn	Egg fried rice Broccoli and carrot	Garlic bread, sautéed Courgette, cherry tomato and rocket salad	Wedges, garden peas and baked beans
Dessert	Lemon drizzle cake and custard	Fresh cut fruit & yoghurt	<p>“Veggie- Bake” Beet root and chocolate cake served with custard</p>	Fresh cut fruit & yogurt	Pear upside-down cake
Every Day	Fresh cut fruit & yogurt		Fresh cut fruit & yogurt		Fresh cut fruit & yogurt

Abercorn School Spring Lunch Menu: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>“Meat Free Monday”</p> <p>Stir fry Vegetable Tofu Or</p> <p>Butter Nut Squash Risotto</p> <p>Jacket Potato and Cheese</p>	<p>Thai Green chicken Curry</p> <p>or</p> <p>Thai Red Vegetable Curry</p> <p>Spinach and Mushroom Pasta</p>	<p>Slow Cooked Beef Bourguignon</p> <p>Or</p> <p>Roasted Vegetable Provençale</p> <p>Jacket Potato with Tuna and Mayo Topping</p>	<p>Hungarian Roast Chicken</p> <p>Or</p> <p>Roasted Vegetable En Croute</p> <p>Tomato and Olive Pasta</p>	<p>“Sustainable Friday”</p> <p>Battered cod</p> <p>Or</p> <p>Cheese and tomato quiche</p> <p>Jacket Potato</p>
Meat Free					
On The Side	<p>Egg Noodles Sweetcorn and Carrots</p>	<p>Pilaf Rice Naan Bread Peas and Carrot</p>	<p>Potato Boulanger Broccoli and Sweetcorn</p>	<p>Roasted New Potato Sprout and Kale Slaw</p>	<p>Wedges, Garden Peas and Baked beans</p>
Dessert	<p>Jam and Coconut Cake Custard</p>	<p>Apple Compote</p>	<p>“Veggie -bakes” Pineapple Cake and Custard</p>	<p>Raspberry Jelly</p>	<p>Chocolate and vanilla marble cake with custard</p>
Every Day	<p>Fresh cut fruit & yogurt</p>	<p>Fresh cut fruit & yoghurt</p>	<p>Fresh cut fruit & yogurt</p>	<p>Fresh cut fruit & yogurt</p>	<p>Fresh cut fruit & yogurt</p>

Abercorn School Spring Menu: Week of Chinese New Year

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>“Meat-free Monday”</p> <p>Mac and Cheese</p> <p>Tomato and Roasted Vegetable Linguini</p> <p>Jacket Potato Baked Beans Topping and Grated Cheddar</p>	<p>Moroccan Beef and Apricot Tagine</p> <p>Cauliflower, Sweet Potato and Chickpeas Tagine</p> <p>Pesto Pasta</p>	<p>Jerk Marinated Chicken Thighs</p> <p>Vegetable Jamaican Patties</p> <p>Jacket Potato</p> <p>Tuna and Mayo Topping</p>	<p>Wonton Soup</p> <p>Chicken Chow Mein</p> <p>Mapo Tofu</p>  <p>Quorn and Vegetable Stew</p> <p>Pasta</p>	<p>“Sustainable Friday”</p> <p>Battered Cod Fillet</p> <p>Or</p> <p>Spinach and Feta Cheese en croute</p> <p>Jacket Potato and Cheese</p>
Meat Free					
On The Side	<p>Cucumber, Grated Carrot & Cherry Tomato and Garlic Bread</p>	<p>Traditional Couscous, Sweet corn and Peas</p>	<p>Rice and Peas</p> <p>House Coleslaw</p>	<p>Egg Fried Rice</p> <p>Noodles</p> <p>Stir fry Soy Vegetables</p>	<p>Wedges, Garden Peas and Baked Beans</p>
Dessert	<p>Madeira Cake and Custard</p>	<p>Orange Jelly & Yoghurt Fruit Platter</p>	<p>“Veggie-Bake”</p> <p>Carrot Cake and Custard</p>	<p>Chinese Mango Pudding</p>	<p>Apple, Banana and Fruit of Forest Crumble and Custard</p>
Every Day	<p>Fresh cut fruit & Yoghurt</p>		<p>Fresh cut fruit & Yoghurt</p>		<p>Fresh cut fruit & Yoghurt</p>