

Abbey Gate Junior School

Autumn Menu — Week 1

Monday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Beef Meatballs in Tomato Sauce

Main 2

Plant balls in Tomato Sauce

Sides

Whole wheat Pasta
Roast Cauliflower
Carrots

Pick n Mix Salad Bar

Something Sweet

Cherry & Apple Crumble
Custard
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Tuesday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Cottage Pie

Main 2

Vegetarian Lancashire Hot Pot

Sides

Roast New Potatoes
Cabbage, Carrot & Kale
Onion Gravy

Pick n Mix Salad Bar

Something Sweet

Sticky Toffee Banana Sponge
Custard
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Wednesday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Roast Pork

Main 2

Cheese & Onion Quiche

Sides

Roast Potatoes
Broccoli
Roast Butternut Squash
Gravy

Pick n Mix Salad Bar

Something Sweet

Choc chip Cookie
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Thursday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Chicken Katsu

Main 2

Quorn Katsu

Sides

Rice
Roast Pepper & Courgette
Sweetcorn

Pick n Mix Salad Bar

Something Sweet

Chocolate & Butterscotch
Crisp Pot
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Friday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Breaded Fish

Main 2

Tomato Pasta

Sides

Chips
Peas
Baked Beans

Pick n Mix Salad Bar

Something Sweet

Chocolate & Beetroot Cake

Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Salad Items: Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad
sweetcorn

Each day there will be a choice of freshly mixed composite salads to match your lunch with a choice of toppers.

All our meals are freshly made

Abbey Gate Junior School

Autumn Menu — Week 2

Monday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Beef Bolognese

Main 2

Vegetarian Bolognese

Sides

Whole wheat Pasta
Broccoli
Carrots

Pick n Mix Salad Bar

Something Sweet

Mixed Fruit Crumble
Custard
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Tuesday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Breaded Chicken BBQ Wrap

Main 2

Sticky Quorn Pitta

Sides

Chips
Green Beans
Sweetcorn

Pick n Mix Salad Bar

Something Sweet

Celeriac & Lemon Cake
Custard
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Wednesday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Italian Chicken & Tomato Sauce

Main 2

Three Cheese Sauce

Sides

Whole Wheat Pasta
Peas
Roast Carrots
Gravy

Pick n Mix Salad Bar

Something Sweet

Raspberry Crumble Cake
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Thursday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Roast Gammon

Main 2

Vegetarian Cottage Pie

Sides

Roast Potatoes
Honey & Cumin Roasted Squash
Broccoli

Pick n Mix Salad Bar

Something Sweet

Apple Crumble Pot
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Friday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Fish Fingers

Main 2

Cheese Ravioli & Tomato Sauce

Sides

Chips
Peas
Baken Beans

Pick n Mix Salad Bar

Something Sweet

Oreo Brownie

Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Salad Items: Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad
sweetcorn

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Abbey Gate Junior School

Autumn Menu — Week 3

Monday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Pork & Leek Sausage

Main 2

Vegetarian Toad in the Hole

Sides

Mash Potato
Yorkshire Pudding
Carrots
Savoy Cabbage
Onion Gravy

Pick n Mix Salad Bar

Something Sweet

Marshmallow Crispy Cake
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Tuesday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Spanish Chicken & Beans

Main 2

Vegetable Paella

Sides

Green Beans
Roast Pepper & Courgette

Pick n Mix Salad Bar

Something Sweet

Lemon Cake
Custard
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Wednesday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Lamb Kebab

Main 2

Quorn Shawarma Pitta

Sides

Lemon & Garlic Broccoli
Honey & Cumin Roast Squash
Khobez Flatbread
Turkish Cucumber Yoghurt

Pick n Mix Salad Bar

Something Sweet

Carrot Cake with Cinnamon Icing
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Thursday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Chicken Fajita

Main 2

Mac n Cheese

Sides

Green Beans
Sweetcorn
Crispy Spiced Potatoes

Pick n Mix Salad Bar

Something Sweet

Apple Flapjack
Jelly Pot

Cut Fruit and Yoghurt
Selection of whole fruit

Friday

Soup Station

Fresh Soup of the day
Freshly Baked Bread

Main 1

Pepperoni Ciabatta Pizza

Main 2

Cheese Ciabatta Pizza

Sides

Chips
Peas
Baken Beans

Pick n Mix Salad Bar

Something Sweet

Strawberry Fruit Jelly Pot &
Cream

Cut Fruit and Yoghurt
Selection of whole fruit

Salad Items: Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad
sweetcorn

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