



Abbey Gate College

Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread
Chef's Stage	Lamb & spring vegetable casserole served with crushed potatoes	Sweet & sour turkey with rice	Cottage pie with root vegetable topping	Honey roast gammon with roasted potatoes	Homemade steak burgers with diced potatoes & burger relish
Vegetarian	Quorn Sausage with gravy & new potatoes	Mac & Cheese	Courgette & spinach frittata & roasted garlic	Roast vegetable cottage pie	Falafel burgers in a brioche bun served with diced potatoes
Lighter Option	Ultimate quesadillas	Pizza	Loaded skins	Chilli & garlic chicken wings	Poached fish with citrus butter sauce
Sides	New potatoes, steamed cauliflower, garden peas	Roasted diced potatoes & carrots, Oriental stir fried vegetables	Steamed broccoli & cauliflower and gravy	Roasted potatoes buttered carrots and gravy	Diced potatoes & garden peas
Jackets or Pasta Bar	Jacket: plain or sweet potato with filling of the day	Jacket: plain or sweet potato with filling of the day	Jacket: plain or sweet potato with filling of the day	Bacon & cheese carbonara	Jacket: plain or sweet potato with filling of the day
Dessert	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit



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Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread
Chef's Stage	Beef chilli with rice, sour cream, salsa, jalapenos & cheese	Chicken jalfrezi with rice onion salad, raita & naan bread	Butchers sausage selection	Roast turkey with stuffing and cranberry sauce	Beef lasagne with chunky garlic croutons
Vegetarian	Quorn chilli with nachos smothered in salsa, spring onion and cheese	Saag aloo with rice onion salad, raita & naan bread	Sweet potato & pepper quiche	Vegetable moussaka	Vegetable lasagne with chunky garlic croutons
Lighter Option	Toasted mozzarella & ham baguette	Homemade sausage & pickle rolls	Chicken fajitas	Selection of loaded skins	Poached fish with a Mediterranean sauce
Sides	Steamed broccoli, coriander boiled carrots & smoky potato wedges	Rice onion salad & sweetcorn	Mash potato with peas, cabbage & onion gravy	Glazed carrots, parsnips with roast potatoes and pan gravy	Roast diced herb potatoes & peas
Jackets or Pasta Bar	Pesto olive oil, parmesan and basil pasta	Jacket: plain or sweet potato with filling of the day	Salmon with lemon & dill cream pasta	Jacket: plain or sweet potato with filling of the day	Spicy tomato & chilli pasta
Dessert	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit



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Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread	Soup of the day with fresh baked bread
Chef's Stage	Gammon steak, honey & wholegrain mustard sauce	Beef and mushroom pie	Korean barbeque chicken & rice	Roast pork with crackling and apple sauce	Hot dogs with fried onions
Vegetarian	Spinach & roast butternut squash pie	Stuffed aubergine with ratatouille & basil	Roast vegetable potato & cheese bake	Sweet potato & spinach wellington	Vegetarian hotdogs with fried onions
Lighter Option	Cheese & bean chimichangas	Chilli chicken bap	Pizza	Chilli beef burrito	Steamed fish with mushroom sauce
Sides	Mashed potato, carrots & peas	Parmentier potatoes, broccoli & cauliflower	Rice & mixed stir fried vegetables	Roast potatoes with root vegetables and pan gravy	Herb buttered potatoes with peas and green beans
Jackets or Pasta Bar	Jacket: plain or sweet potato with filling of the day	Tomato & basil pasta	Jacket: plain or sweet potato with filling of the day	Chicken, broccoli & cheddar pasta	Jacket: plain or sweet potato with filling of the day
Dessert	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit	Selection of flavoured yogurts with whole and prepped fruit