

Abacus Primary School Menu – With effect from 5<sup>th</sup> February 2024

<b>Week 1</b>	<b>Red Band</b>	<b>Green Band</b>	<b>Yellow Band (DF)(GF)(EF)</b>	<b>Purple Band</b>	<b>Dessert</b>
<b>Monday</b>	Chicken Korma, Rice & Naan Bread GF, DF, EF	Sweet Potato Korma, Rice & Naan Bread GF, DF, EF	Jacket Potato with Filling	Chicken Nugget Wrap DF, EF	Fruit Cocktail or Fresh Fruit
<b>Tuesday</b>	Meat Feast Pizza Spaghetti Hoops GF, DF, EF	Cheese & Tomato Pizza Spaghetti Hoops GF, DF, EF	Jacket Potato with Filling	Ham Sandwich & Crisps GF, EF, DF	Carrot Cake or Fresh Fruit
<b>Wednesday</b>	Sausage & Mash Peas/Beans GF, DF, EF	Veggie Sausage, Mash Peas/Beans GF, EF	Jacket Potato with Filling	Cheese Roll & Crisps GF, EF	Yoghurt or Fresh Fruit
<b>Thursday</b>	Meatballs in Tomato Sauce with Pasta GF, DF, EF	Tomato & Basil Pasta Garlic Bread GF, DF, EF	Jacket Potato with Filling	Tuna & Cucumber Baguette GF, DF, EF	Chocolate Sponge & Custard or Fresh Fruit
<b>Friday</b>	Jumbo Fish Finger, Chips & Peas GF, DF, EF	Macaroni Cheese & Peas GF, EF	Jacket Potato with Filling	Tomato Pasta Pot GF, DF, EF	Cookie or Fresh Fruit
<b>Week 2</b>	<b>Red Band</b>	<b>Green Band</b>	<b>Yellow Band</b>	<b>Purple Band</b>	<b>Dessert</b>
<b>Monday</b>	Pasta Bolognese Garlic Bread GF, DF, EF	Quorn Bolognese Garlic Bread GF, DF	Jacket Potato with Filling	Egg & Crispy Bacon Baguette GF, DF	Peaches & Cream or Fresh Fruit
<b>Tuesday</b>	All Day Breakfast Sausage, Bacon, Hash Brown & Beans GF, DF, EF	Vegetarian All Day Breakfast, Sausage, Mushroom, Hash Brown & Beans GF, DF, EF	Jacket Potato with Filling	Ham Sandwich Crisps GF, DF, EF	Chocolate Crispy Cake or Fresh Fruit
<b>Wednesday</b>	Roast Chicken, Roast Potatoes, Vegetables & Yorkshire Pudding GF, DF, EF	Roasted Quorn, Roast Potatoes, Vegetables & Yorkshire Pudding GF, DF, EF	Jacket Potato with Filling	Bacon, Lettuce & Tomato (BLT) Sandwich GF, DF, EF	Yoghurt or Fresh Fruit
<b>Thursday</b>	Lasagne & Garlic Bread EF	Vegetable Chow Mein DF	Jacket Potato with Filling	Sausage Baguette GF, DF, EF	Lemon Drizzle Cake or Fresh Fruit
<b>Friday</b>	Jumbo Fish Fingers, Chips & Peas GF, DF, EF	Pizza Whirls, Chips & Peas EF	Jacket Potato with Filling	Tomato Pasta Pot GF, DF, EF	Cookie or Fresh Fruit

<b>Week 3</b>	<b>Red Band</b>	<b>Green Band</b>	<b>Yellow Band</b>	<b>Purple Band</b>	<b>Dessert</b>
<b>Monday</b>	Chicken Nuggets, Saute Potatoes, Peas/Beans DF, EF	Vegetable Nuggets Peas or Beans & Wedges DF, EF	Jacket Potato with Filling	Cheese & Cucumber Sandwich Crisps GF, EF	Chocolate & Vanilla Ice Cream or Fresh Fruit
<b>Tuesday</b>	Burger in a Bun GF, DF, EF	Halloumi Burger in a Bun GF, EF	Jacket Potato with Filling	Tuna & Sweetcorn Pasta Pot GF, DF, EF	Sponge & Custard or Fresh Fruit
<b>Wednesday</b>	BBQ Chicken Sweet Tomato Pasta & Green Beans GF, DF, EF	Summer Vegetable Quiche Sweet Tomato Pasta & Green Beans	Jacket Potato with Filling	Fish Finger Wrap GF, DF, EF	Yoghurt or Fresh Fruit
<b>Thursday</b>	Homemade Sausage Roll Beans EF	Cheese & Tomato Pizza GF, DF, EF	Jacket Potato with Filling	Sweet Tomato Pasta Pot GF, DF, EF	Chocolate Sponge & Custard or Fresh Fruit
<b>Friday</b>	Jumbo Fish Finger, Chips & Peas GF, DF, EF	Vegetable Burrito, Chips & Peas EF, DF	Jacket Potato with Filling	Egg Mayonnaise Sandwich Crisps GF, DF	Cookie or Fresh Fruit

All meals are served with salad

(GF) Gluten Free

(DF) Dairy Free

(EF) Egg Free