

Abacus Primary School Winter Menu – With effect from 3rd November 2025

<u>Week 1</u>	Red Band	Green Band	Yellow Band (DF)(GF)(EF)(SF)	Purple Band	Dessert
Monday	Ham & Pineapple Pizza Spaghetti Hoops or Beans GF, EF, SF	Cheese & Tomato Pizza Spaghetti Hoops or Beans GF, EF, SF	Jacket Potato with Filling	Cheese & Cucumber Wrap & Crisps GF, EF, SF	Iced Smoothie or Fresh Fruit GF, EF, SF
Tuesday	Sausage, Mashed Potato, Vegetables & Gravy GF, DF, EF, SF	Quorn Sausage, Mashed Potato, Veg & Gravy DF, EF, SF	Jacket Potato with Filling	Ham Bagel & Crisps GF, DF, SF	Rice Crispie Cake or Fresh Fruit EF, SF
Wednesday	Beef Burger in a Bun, Spaghetti Hoops or Beans GF, DF, EF	Halloumi Burger in a Bun, Spaghetti Hoops or Beans GF, EF, SF	Jacket Potato with Filling	Cold Sweet Tomato Pasta GF, DF, EF, SF	Yoghurt or Fresh Fruit
Thursday	BBQ Chicken, Rice & Green Beans GF, DF, EF, SF	Cheese Stack Wrap, Green Beans GF, EF, SF	Jacket Potato with Filling	Chicken Nugget Wrap GF, DF, EF, SF	Peaches and Cream Fresh Fruit or Yoghurt EF, SF, GF
Friday	Jumbo Fish Finger, Chips, Peas or Baked Beans GF, DF, EF, SF	Vegetable Finger, Chips, Peas or Baked Beans DF, EF, SF	Jacket Potato with Filling	BLT Sandwich & Crisps GF, DF, SF	Cookie or Fresh Fruit GF, DF, EF, SF
<u>Week 2</u>	Red Band	Green Band	Yellow Band	Purple Band	Dessert
Monday	Chicken Burger in a Bun, Baked Beans or Spaghetti Hoops GF, DF, EF, SF	Halloumi Burger in a Bun Baked Beans or Spaghetti Hoops GF, EF, SF	Jacket Potato with Filling	Tuna Mayonnaise Baguette Crisps DF, GF, SF	Yoghurt or Fresh Fruit
Tuesday	Homemade Sausage Roll, Baked Beans EF, SF	Cheese & Red Pepper Slice, Baked Beans EF, SF	Jacket Potato with Filling	Cheese Bagel & Crisps GF, SF	Fruit Cocktail & Cream GF, SF, EF Yoghurt or Fresh Fruit
Wednesday	Beef Meatballs in Tomato Sauce, Pasta GF, DF, EF, SF	Macaroni Cheese EF	Jacket Potato with Filling	Cold Tomato Pasta GF, SF, EF	Iced Chocolate Sponge or Fresh Fruit
Thursday	All Day Breakfast, Sausage, Bacon, Hash Brown & Beans GF, DF, EF	Veggie All Day Breakfast, Quorn Sausage, Hash Brown, Beans & Mushrooms DF, EF	Jacket Potato with Filling	Ham & Cucumber Pitta GF, EF, SF	Fruit Jelly or Fresh Fruit GF, DF, EF, SF
Friday	Jumbo Fish Finger, Chips, Peas or Baked Beans GF, DF, EF, SF	Vegetable Nuggets, Chips, Peas or Baked Beans DF, EF, SF	Jacket Potato with Filling	Egg Mayonnaise Sandwich DF, GF, SF	Shortbread Biscuit or Fresh Fruit EF, SF

<u>Week 3</u>	Red Band	Green Band	Yellow Band	Purple Band	Dessert
Monday	Cheese & Pepperoni Pizza, Spaghetti Hoops or Beans GF, EF, SF	Cheese & Tomato Pizza Spaghetti Hoops or Beans GF, EF, SF	Jacket Potato with Filling	Tuna Mayonnaise Baguette & Crisps GF, SF	Yoghurt or Fresh Fruit
Tuesday	Pork Sausage Baguette, Spaghetti Hoops or Baked Beans GF, DF, EF, SF	Quorn Sausage Baguette, Baked Beans or Spaghetti Hoops DF, EF, SF	Jacket Potato with Filling	Egg Mayonnaise Sandwich & Crisps GF, DF, SF	Mixed Fruit Crumble or Fresh Fruit SF, DF
Wednesday	Beef Lasagne & Garlic Bread	Vegetable Lasagne & Garlic Bread	Jacket Potato with Filling	Ham Sandwich GF, DF, EF	Angel Delight GF, EF, SF or Fresh Fruit
Thursday	Chicken Korma, Rice & Naan Bread GF, EF, SF	Vegetable Noodles DF, EF	Jacket Potato with Filling	Cold Tomato Pasta GF, DF, EF, SF	Sprinkled Iced Sponge or Fresh Fruit
Friday	Jumbo Fish Finger, Chips, Peas or Beans GF, DF, EF, SF	Macaroni Cheese EF	Jacket Potato with Filling	Bacon Sandwich GF, DF, SF	Ice Cream GF, EF, SF or Fresh Fruit

All meals are served with salad

(GF) Gluten Free

(DF) Dairy Free

(EF) Egg Free

(SF) Soya Free

Jacket Potato fillings are: Tuna Mayonnaise, Cheese or Beans