

BRUERN ABBEY SCHOOL

Day	Main course	Veggie main course	Sides	Dessert
Monday	Chilli con carne	Mixed bean, quinoa and lentil chilli	Cornbread, rice, sour cream, tortilla wraps, avocado and pepper salsa	Apple crumble and custard
Monday	Nando's chicken	Nando's tofu	Chips, coleslaw	Fresh fruit salad, yoghurts
Tuesday	Chicken and date tagine	Sweet potato, pepper and roast courgette tagine with red lentils	Cous cous, green beans	Fresh fruit salad, yoghurts
Tuesday	Roast pork with crackling, caramelised apples	Parsnip and goats cheese roulade	Mashed potato, asparagus, leeks	Tiramisu
Wednesday	Thai green seafood or beef curry	Soya bean, paneer and roast cauliflower curry	Jasmine rice, pak choi, mange tout and baby corn	Fresh fruit salad, yoghurts
Wednesday	Jerk chicken drumsticks, quesadillas, reggae reggae ribs	Jerk vegetable and pepper skewers, avocado and toasted corn quesadillas	Corn on the cob, Jamaican buttermilk potato salad, lime and chilli green beans	Ice creams
Thursday	Roast turkey with cream sauce	Mixed seed and vegetable bake	Roast new potatoes, mixed vegetables	Fresh fruit salad, yoghurts
Thursday	Roast leg of lamb, shepherds' pie bon bons in crisp cheesy breadcrumbs	Slow cooked thyme and garlic field mushrooms with lentil shepherds' pie bon bons	Potato and leek gratin, chantenay carrots, curly kale	Chocolate mousse cake
Friday	Breaded haddock // Salmon fillets with asparagus and Hollandaise // Croquetas de bacalao, plaice stuffed with paella, jamon Iberico		Chips, beans, mushy peas	Fresh fruit salad, yoghurts