

BRUERN ABBAY SCHOOL

Day	Main course	Veggie main course	Sides	Dessert
Monday	Beef lasagne	Veggie lasagne	Broccoli, leeks, garlic bread	Sticky ginger cake
Monday	Bangers and mash with onion gravy	Veggie sausages	Peas	Fruit, yoghurts
Tuesday	Chicken Kiev	Field mushroom and brie Kiev/Tofu & borlotti Kiev	Roast new potatoes, butternut, mange tout	Fruit, yoghurts
Tuesday	Soy-glazed duck breast, duck gyoza, sticky honey gravy	Slow-roast aubergine, spring rolls	Sticky coconut rice, tenderstem broccoli, sesame courgetti	Profiteroles with salted caramel
Wednesday	Venison, bacon and mushroom pie	Lentil and bean shepherd's pie	Swede mash, roast carrots and parsnips, cabbage	Fruit, yoghurts
Wednesday	Koftas, pulled pork and Philly sloppy joes, Cajun chicken drumsticks	Veggie burgers, cheese and butternut quesadillas	Corn on the cob, coleslaw, chunky avocado and tomato salsa	Ice creams
Thursday	Thai red curry with pork and prawns / chicken rendang	Thai veggie curry	Noodles, mixed vegetables	Fruit, yoghurts
Thursday	Roast beef and Yorkshire puddings, gravy	Lentil and sunflower seed bake with gravy	Roast potatoes, green beans	Chocolate brownie and ice cream
Friday	Breaded haddock // Turbot with mussels, cauliflower purée, cavalo nero and caramelised mushrooms // Sole Meunière		Chips, mushy peas and beans	Yoghurts and fruit