

BRUERN ABBAY SCHOOL

Day	Main course	Veggie main course	Sides	Dessert
Monday	Beef lasagne	Veggie lasagne	Broccoli and roast carrots	Fruit and yoghurts
Monday	Lemon pepper roast chicken	Nando's paneer or tofu	Red pesto pasta	Fruit, yoghurts
Tuesday	Merguez sausages with Moroccan tomato and fennel sauce	Falafel with tomato and fennel sauce	Bulghar wheat and cous cous tabbouleh, butternut, cabbage	Fresh fruit salad, yoghurts
Tuesday	Roast duck legs with five spice and port sauce	Veggie sausage and feta pasty with port sauce	Duck fat roast potatoes, runner beans, celeriac puree	Autumn fruit trifle
Wednesday	Beef teriyaki stir-fry	Smoked tofu and shiitake teriyaki stir-fry	Noodles, green beans, mange tout	Fruit and yoghurts
Wednesday	Fireworks night - hotdogs, chips, fried onions			Toffee apples
Thursday	Chicken schnitzel with mustard cream sauce	Veggie schnitzel	Roast new potatoes, mixed vegetables	Fresh fruit salad, yoghurts
Thursday	Boeuf Bourguignon	Field mushroom Bourguignon	Gnocchi, tenderstem broccoli, roast mixed Heritage carrots	Treacle sponge and custard
Friday	Breaded cod // Salmon en crouete // 'Banh Xeo' pork and prawn pancakes		Chips and baked beans	Fruit and yoghurts