



### Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Option 1 Main Dish</i>	Chicken Korma	Spaghetti Bolognese	Chicken Casserole	Slow Cooked Lamb Meatballs	Oasis Spicy Chicken Wings
<i>Option 2 Vegetarian Dish</i>	Vegetable and Lentil Korma	Vegetarian Spaghetti Bolognese	Vegetable Hotpot	Oasis Vegetable Wraps	Vegetable Samosa
<i>Option 3 Alternative Main dish</i>	Pasta Twists with Black olives	Baked Potato With Cheese and Baked beans	Creamy Pasta Bake	Vegetarian Chilli Con Carne	Seasonal vegetable Couscous
<i>Carbohydrates and Vegetables</i>	Pilau rice Mixed vegetable	Seasonal vegetables	Mashed Potatoes Cabbage and Carrots	Savoury Rice Mixed Vegetables	Oven Chips Baked Beans Peas
<i>Salad</i>	<i>Salad selection</i>	<i>Salad selection</i>	<i>Salad selection</i>	<i>Salad selection</i>	<i>Salad selection</i>
<i>Daily Items</i>	<i>Fresh water and a Selection of Bread and fresh fruit Available Daily</i>				
<i>Dessert</i>	Home made Cookies With milk shake made with fresh organic milk	Chocolate Marble Cake	Fruit Salad	Margret's Apple Crumble and custard	Ice Cream
Notes:	<b>All vegetarian dishes will contain a protein e.g. Quorn, lentils, chick peas ; All meals comly with goverment standrads developed by the school trust</b>				



**Winter Menu**

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1 Main Dish</b>	Cottage Pie	Chicken Paella	Home Made Pizza	Roast Chicken with Gravy	Beef Burger In a Bun
<b>Option 2 Vegetarian Dishes</b>	Vegetarian Cottage Pie	Quorn Chilli Con Carne	Vegetable Pasty	Macaroni Cheese	Traditional 5 Veg Cous Coos
<b>Option 3</b>	Cheesy Pasta	Jacket Potato Vegetarian Chilli Filling and cheese	Tuna Pasta	Vegetarian Sausage	Veggie Burger
<b>Carbohydrate and Vegetables</b>	Peas and Carrots	Sweet Corn Green Beans	Potatoe Wedges	Roast Potatoes Cabbage and Carrots	Oven chips Baked Beans
<b>Salad</b>	<b>Salad selection</b>	<b>Salad selection</b>	<b>Salad selection</b>	<b>Salad selection</b>	<b>Salad selection</b>
<b>Daily items</b>	<b>Fresh water and a Selection of Bread and fresh fruit are Available Daily</b>				
<b>Dessert</b>	Homemade Shortbread Biscuits With milk shake made with fresh organic milk	Syrup Sponge With custard	Rice Pudding	Margret's Apple Crumble and custard	Ice cream
<b>Notes</b>	<b>All vegetarian dishes will contain a protein e.g. Quorn, lentils, chick peas All meals comply with goverment standrads developed by the school trust</b>				

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### Winter Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 Main dish</b>	Beef lasagne	Sweet and. Sour Chicken	Sausages and Onion Gravy	<i>Moroccan Grilled Chicken with olives</i>	Oven Baked Breaded MSC Cod
<b>Option 2 Vegetarian Dishes</b>	Vegetarian lasagne	Vegetable and Noodle Stir Fry	Quorn Sausages	Jacket Potato with Cheese and Beans	Traditional Vegetable 5 Veg Cous Cous
<b>Option 3 Alternative main dish</b>	MSC Fish Fingers	Vegetable Spring Rolls	Vegetable Hotpot	Vegetable Tagine	Veggie Fingers
<b>Carbohydrate And Vegetables</b>	Herby Diced Potatoes Mixed Vegetables	Plain Rice Green Beans	Mashed Potatoes Peas and Carrots	Saffron rice Peas and Sweet corn	Oven chips Baked Beans
<b>Salad</b>	<b>Daily Salad Selection</b>	<b>Daily Salad Selection</b>	<b>Salad Selection</b>	<b>Salad Selection</b>	<b>Salad Selection</b>
<b>Daily items</b>	<b>A SELECTION OF BREAD AND FRESH WATER AVAILABLE DAILY</b>				
<b>Dessert</b>	Homemade Chocolate Cookies With milk shake made with fresh organic milk	Homemade Carrot Cake	<i>Fruit Salad</i>	Margret's Apple Crumble and custard	Ice Cream

All vegetarian dishes will contain a protein e.g. Quorn, lentils, chick peas All meals comply with goverment standrads developed by the school trust

