# Oatlands Junior School – Autumn Menu 25 / 26

# Week A Weeks starting 1/9, 22/9, 13/10

## **Monday**

Margherita Pizza served with Potato Wedges & Carrot Sticks or Sweetcorn (V)

Homemade Sweet Potato & Chickpea Curry served with Rice & Carrot Sticks or Sweetcorn (VE) Cheese, Ham or Tuna Sandwich Strawberry Whip (V)

## **Tuesday**

BBQ Chicken Wrap served with Rice & Peas
Vegetarian Enchiladas served with Rice & Peas
Jacket Potato with a choice of fillings
Shortbread (VE) & with Fresh Fruit
Wednesday

Pork Sausage in Gravy with Mashed Potatoes & Carrots or Cauliflower

Vegetarian Sausages in Gravy with Mashed Potatoes & Carrots or Cauliflower Cheese, Ham or Tuna Sandwich Chocolate Brownie (V)

## **Thursday**

Beef Lasagne served with Homemade Bread & Cucumber Sticks or Sweetcorn

Tomato & Basil Pasta with Homemade Bread &
Cucumber Sticks or Sweetcorn (VE)
Jacket Potato with a Choice of Filling
Blueberry Muffin (V)

## **Friday**

Oven Baked Fish Fingers with Chips & Baked Beans or Peas

Quorn Nuggets with Chips & Baked Beans or Peas (VE) Tuna Mayo Wrap

Ice Cream with Mandarins (V)

Week B Weeks starting 8/9, 29/9, 20/10

# **Monday**

All Day Breakfast, Sausage or Vegetarian, Hash Brown, Baked Beans & Bread Cheese, Ham or Tuna Sandwich Rice Krispie Cake with Fresh Fruit (V)

# **Tuesday**

Chicken Katsu Curry served with Rice & Peas or Green Beans Macaroni Cheese with Garlic Bread & Peas or Green Beans (V) Jacket Potato with a Choice of Filling Melting Moment Biscuit

<u>Wednesday</u>

Roast Chicken in Gravy with Roast Potato, Yorkshire Pudding & Carrots or Broccoli

Quorn Fillet in Gravy with Roast Potato, Yorkshire pudding & Carrots or Broccoli Cheese, Ham or Tuna Sandwich Flapjack (VE)

#### Thursday

Italian Chicken Pasta with Broccoli or Carrot Sticks
Vegetarian Pasta Bolognaise with Broccoli or
Carrot Sticks (VE)
Jacket Potato with a Choice of Filling
Chocolate Muffin (V)

#### **Friday**

Oven Baked Fish with Chips & Baked Beans or Peas Cheese & Tomato Panini with Chips & Baked Beans or Peas (V) Tuna Mayo Wrap Jelly with Fruit (VE)

# Week C Weeks starting 15/9, 6/10

## **Monday**

Margherita Pizza served with Homemade Potato Wedges & Sweetcorn or Cucumber Sticks (V)

Quorn Burger served with Homemade Potato Wedges & Sweetcorn or Cucumber Sticks (V) Cheese, Ham or Tuna Sandwich Chocolate Crunch Cookies (VE)

## <u>Tuesday</u>

Meatballs in Tomato Sauce with Pasta & Broccoli or Green Beans

Rainbow Vegetable Stir Fry with Rice & Broccoli or Green Beans (VE)

Jacket Potato with a Choice of Filling Oaty Biscuit (VE)

# Wednesday

Roast Gammon with Gravy, Roast Potato, Yorkshire Pudding & Carrots or Broccoli

Quorn Fillet in Gravy with Roast Potato, Yorkshire Pudding & Carrots or Broccoli (V) Cheese, Ham or Tuna Sandwich Strawberry Bun with Fresh Fruit (V)

### **Thursday**

Homemade Chicken Tikka Curry with Rice & Peas or Sweetcorn

Cheese & Tomato Tortilla Stack with Rice & Peas or Sweetcorn (V)

Jacket Potato with a Choice of Filling Iced Sponge School Cake (V)

# **Friday**

Oven Baked Fish Fingers with Chips & Peas or Baked Beans

Pizza Pinwheel with Chips & Peas or Baked Beans

(V) avo V

Tuna Mayo Wrap Ice Cream with Mango (V)