



# Oval Primary School Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meaty Mains</b>	Beef and onions pie With butter crust pastry	Chicken curry 'Goan' style	Slow Roast beef With Yorkshire pudding and gravy	Beef lasagne with garlic bread	Fresh butchers beef or chicken burger in a bun
<b>Veggie Mains</b>	Sweet and sour Quorn with rice and 'steam fry' vegetables	Cheese, tomato and red onion flan	Traditional 'Mac n cheese'	Roasted aubergine and chick pea korma	Spiced sweet potato and bean burger in a bun
<b>Sides</b>	Mash potatoes  Green beans	Fragrant steamed rice  Pea and Cauliflower Bhaji	Roast potatoes Green cabbage Steamed carrots	Steamed new potatoes with mix vegetables	Chips Baked beans Sweet corn
<b>-or-</b>	<b>Jacket Potatoes with - Tuna - Beans - Cheese or Pasta with Tomato Sauce served daily</b>				
<b>Desserts</b>	Mandarin sponge with custard  Fresh fruit Strawberry yogurt	Trickle sponge with custard  Fresh fruit Strawberry yogurt	Lemon cake with custard  Fresh fruit Strawberry yogurt	Flapjack  Fresh fruit Strawberry yogurt	Strawberry jelly  Fresh fruit Strawberry yogurt
<b>Fresh Fruit &amp; Seasonal Salads Served Daily</b>					



# Oval Primary School Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meaty Mains</b>	Slow braised Beef Rogan curry with paprika and tomato	Chinese style sticky barbeque chicken	Roast turkey with cranberry stuffing and Gravy	Blackened chicken in Cajun spices	Jumbo fish fingers
<b>Veggie Mains</b>	Broccoli Pasta bake with Cheddar cheese topping	Roasted aubergine and chick pea korma	Sweet corn and pepper quiche	Creole style red bean and potato gumbo	Cheese omelette
<b>Sides</b>	Steamed basmati rice sweet corn	Oriental stir fry vegetable mix with noodles	Roast potatoes Broccoli Steamed carrots	Mixed vegetable Jambalaya	Chips, garden peas and baked beans
<b>-or-</b>	<b>Jacket Potatoes with - Tuna - Beans - Cheese or Pasta with Tomato Sauce served daily</b>				
<b>Desserts</b>	Chocolate sponge and chocolate sauce Fresh fruit Strawberry yogurt	Lemon drizzle cake with custard Fresh fruit Strawberry yogurt	Raspberry sponge fresh fruit strawberry yogurt	Pineapple and coconut cake with custard Fresh fruit Strawberry yogurt	Strawberry jelly Fresh fruit Strawberry yogurt
<b>Fresh Fruit &amp; Seasonal Salads Served Daily</b>					



# Oval Primary School Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meaty Mains</b>	Beef lasagne with garlic bread	Teriyaki chicken in a sticky soy and ginger marinade	Roast leg of lamb rubbed with fresh rosemary and mint	Balti style Chicken in fragrant spices with naan bread	Sausages and caramelised onion gravy
<b>Veggie Mains</b>	Chive and Cheddar cheese quiche with short crust pastry	Roast vegetable, chick pea and tomato pasta bake	Sweet potato, cauliflower and lentil Madras curry	Spring vegetable and butterbean pie with puff pastry topper	Vegetarian sausages with Sage and red onion gravy
<b>Sides</b>	New potatoes Green beans and carrots	Steamed rice Mix vegetables	Roast potatoes Green cabbage and carrots	Steamed rice Garden vegetables	Chips Peas Bake beans
<b>-or-</b>	<b>Jacket Potatoes with - Tuna - Beans - Cheese or Pasta with Tomato Sauce served daily</b>				
<b>Desserts</b>	Chocolate beetroot cake with custard  Fresh fruit Strawberry yogurt	Mix fruit sponge pudding with custard  Fresh fruit Strawberry yogurt	Apple crumble with custard  Fresh fruit Strawberry yogurt	Rainbow sponge  Fresh fruit Strawberry yogurt	Ice cream Fresh fruit  Strawberry yogurt
<b>Fresh Fruit &amp; Seasonal Salad Served Daily</b>					