## Oval Primary School Lunch Menu Week 3

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<thead>
<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>Meaty Mains</strong></td>
<td>Mince beef and vegetable pie and steam new potatoes G</td>
<td>Chicken madras curry</td>
<td>Roast leg of lamb rubbed with fresh rosemary and mint</td>
<td>Beef lasagne m with tomato &amp; herb Bread G</td>
<td>Chicken goujon G, C</td>
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<tr>
<td><strong>Veggie Mains</strong></td>
<td>Chive and Cheddar cheese quiche with short crust pastry G,M,E</td>
<td>Roast vegetable, chick pea and tomato pasta bake G</td>
<td>Sweet potato, cauliflower and lentil Madras curry</td>
<td>squash and butterbean pie with puff pastry topper G,C</td>
<td>Vegetarian nuggets</td>
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<tr>
<td><strong>Sides</strong></td>
<td>Green beans and carrots</td>
<td>Steam rice</td>
<td>Roast potatoes, Green cabbage and carrots</td>
<td>Garden vegetables</td>
<td>Chips Bake beans</td>
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<td><strong>or</strong></td>
<td><strong>Jacket Potatoes with – Tuna F - Beans – Cheese M or Pasta G with Tomato Sauce served daily</strong></td>
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<td><strong>Desserts</strong></td>
<td>Rainbow sponge G,E,M</td>
<td>Warm fruity flapjack G with custard M</td>
<td>Pear and cinnamon crumble G,M with custard M</td>
<td>Peach and custard, M, Fresh fruit mix fruit yogurt M</td>
<td>Ice cream M,E</td>
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<td></td>
<td>Fresh fruit Mix fruit yogurt M</td>
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**Fresh Fruit & Seasonal Salad Served Daily**

G = Gluten, M = Milk and dairy, C = Celery, Pn = Peanuts, Tn = Tree nuts, F = Fish, Cr = Crustacean, Mcs = Molluscs, Lu = Lupin, Sy = Soy, Su = Sulphites, E = Egg, Md = Mustard, Se = Sesame.