

**NAS ROBERT OGDEN SCHOOL
SUMMER MENU**

BLUE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
MEAL OF THE DAY	Thin Crust Pepperoni or Margarettte Pizza	Roast Beef Horseradish Sauce Yorkshire Pudding	Lasagne Garlic Bread	Chicken and Mushroom Pie	Fishcake
	Potato Wedges	Mashed Potato	New Potatoes	New Potatoes	Chunky Chips
ALL MAIN COURSES ARE ACCOMPANIMENT WTH SEASONAL VEGETABLES. Selection of Breads, Mixed Salads, Vegetable Sticks, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN AND VEGAN CHOICE	Macaroni Cheese	Tofu & Spinach Cannelloni	Chickpea Curry Rice	Vegan Fajitas	Vegetarian Hotdog Onions
JACKET POTATO CHOICE	Cheese/Beans Or Tuna	Cheese/Beans Or Tuna	Cheese/Beans Or Cottage Cheese	Cheese/Beans Or Tuna	Coleslaw Or Beans
MIXED SALAD BAR	Turkey Cheese	Tuna Cheese	Roast Beef Cheese	Ham Cheese	Egg Cheese
PASTA BAR	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Chicken Tikka Or Cheese and Chive	Southern Fried Chicken Or Philadelphia Cheese	Ham and Cheese Flat Bread Or Grated Cheese	Chicken Tikka Or Philadelphia Cheese	Creamy Spinach and Feta Wrap Or Cheese and Cucumber
SANDWICH Brown and White Bread or Baguette /Panni	Turkey Or Egg Mayonnaise	Tuna Or Cheese	Roast Beef Or Lemon Curd	Salmon Or Cheese	Jam Or Cheese
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Yoghurt	Sticky Toffee Pudding Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Chocolate Brownie Fresh Fruit Pot Fresh Fruit or Yoghurt	Lemon Cake Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

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RED WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
MEAL OF THE DAY	Beef Tacos	Roast Pork Stuffing Apple Sauce	BBQ Chicken	Chicken Tikka Masala Nana Bread	Fish Goujons
	Potato Wedges	Mashed Potato	New Potatoes	Rice	French Fries
ALL MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN AND VEGAN CHOICE	Quorn Nuggets	Cheese and Broccoli Bake	Cheese and Tomato Flan	Vegetable Enchiladas	Vegetarian Sausage Roll
JACKET POTATO CHOICE	Beans Or Cheese	Tuna/Beans Or Cheese	Tuna Or Cheese/Beans	Beans Or Cheese	Coleslaw Or Cheese/Beans
SALAD BAR	Chicken Tikka Cheese	Ham Cheese	Pork Cheese	Beef Cheese	Vegan Ham Cheese
MIXED PASTA BAR	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Chicken Tikka Or Cheese and Chive	Chicken Tikka Or Cheese and Cucumber	Southern Fried Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread Or Grated Cheese	Sweet Chilli Quorn Wrap Or Philadelphia Cheese
SANDWICH Brown and White Bread or Baguette	Tuna Or Cheese	Ham, Ham and Cheese Or Egg Mayonnaise	Pork or Soft Cheese and Cucumber	Salmon Or Egg Mayonnaise	Jam Or Cheese
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Yoghurt	Chocolate Sponge Chocolate Sauce Fresh Fruit Pot Fresh Fruit or Yoghurt	Rainbow Jelly and Ice-cream Fresh Fruit or Yoghurt	Fruit or Plain Flapjack Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

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YELLOW WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
MEAL OF THE DAY	Cheese Burger Relish	Roast Chicken Stuffing	Cottage Pie (potato top)	Chicken and Mushroom Bake	Fish
	Potato Wedges	Mashed Potato	New Potatoes	New Potatoes	Chipped Potatoes
All MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN AND VEGAN CHOICE	Vegetable Moussaka	Cauliflower Cheese	Vegetable Burger	French Bread Margarita Pizza Coleslaw	Quorn Vegetable Stir Fry
JACKET POTATO CHOICE	Tuna, Chilli Or Cheese/Beans	Cheese/Beans Or Cottage Cheese	Tuna Or Cheese/Beans	Coleslaw Or Cheese/Beans	Beans Or Cheese
MIXED SALAD BAR	Ham Cheese	Ham Cheese	Chicken Cheese	Chicken Tikka Cheese	Egg Cheese
PASTA BAR	Spicy Tomato Or Cheese	Tomato and Basil Or Cheese	Spicy Tomato Sauce Or Cheese	Tomato and Basil Or Cheese	Spicy Tomato Sauce Or Cheese
WRAP	Chicken Tikka Or Cheese and Cucumber	Southern Fried Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread Or Grated Cheese	Chicken Tikka Or Philadelphia Cheese	Red Pepper and Hummus Or Cheese and Chive
SANDWICH Brown and White Bread or a Baguette	Ham Or Cheese	Mixed Seafood Or Egg Mayonnaise	Chicken Or Savoury Cheese	Salmon Or Cheese	Soft Cheese Or Egg Mayonnaise
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Crumble Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Rainbow Sprinkle Cake Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Cheesecake Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt

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