

**NAS ROBERT OGDEN SCHOOL
WINTER MENU**

BLUE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
MEAL OF THE DAY	Southern Fried Chicken	Roast Beef Horseradish Sauce Yorkshire Pudding	Lasagne Garlic Bread	Chicken Tikka Masala Poppadum's	Fishcake
	Potato Wedges	Mashed Potatoes	New Potatoes	Rice	Chunky Chips
ALL MAIN MEALS ARE SERVED WITH SEASONAL VEGETABLES. Selection of Breads, Mixed Salads, Vegetable Sticks, Tomato Pots, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Vegetarian Casserole	Vegetable Moussaka	Tofu Stir-Fry	Vegetarian Pizza Smillie Faces	Vegi Nuggets
JACKET POTATO CHOICE	Cheese Or Beans/Tuna	Loaded Potato Skins Or Coleslaw /Beans	Cheese Or Tuna/Beans	Cheese Or Tuna/Beans	Cheese Or Beans
PASTA BAR	Cheesy Sauce Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheesy Sauce Or Mediterranean Pasta	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Tuna and Sweetcorn Or Cheese and Chive	Sweet Chilli Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread or Roasted Red Pepper and Hummus	Texan Wrap Or Philadelphia Cheese	Tuna and Cheese Flatbread Or Cheese and Cucumber
SANDWICH White or Brown Bread White or Brown Baguette	Turkey or Cheese	Tuna Or Egg Mayonnaise	Roast Beef Or Soft Cheese and Cucumber	Pork Or Egg Mayonnaise	Jam Or Cheese and Coleslaw
DESSERT	Pancake, Sliced Banana and Honey Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Jam Roly Poly Custard Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Fruit Shortbread Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Mandarin and Grape Muffin Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt

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RED WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
MEAL OF THE DAY	Pepperoni or Margaretta Pizza	Roast Turkey Cranberry Sauce Stuffing	BBQ Chicken	Sausage Hotdog in a bread roll	Scampi Tartar Sauce
	Potato Wedges	Mashed Potato's	New Potato's	Potato Cubes	Chipped Potatoes
ALL MAIN MEALS ARE SERVED WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Tomato Pots, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Tofu and Spinach Cannelloni, Mixed Salad or Vegetables	Cheese and Broccoli Bake	Cheese and Onion Flan	Vegetable Jambalaya	Vegetable Fajitas
JACKET POTATO CHOICE	Beans Or Cheese	Tuna Or Loaded Potato Skins	Beans Or Cheese/Tuna	Coronation Chicken Or Cheese/Tuna	Beans Or Cheese
PASTA BAR	Cheesy Sauce Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Mediterranean Pasta	Tuna and Mayonnaise or Cheesy Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Southern Fried Chicken Or Cheese and Chive	Chicken Tikka Or Philadelphia Cheese	Ham & Cheese Flatbread or Fish Taco Wrap	Southern Fried Chicken Or Grated Cheese	Hummus and Red Pepper Or Philadelphia Cheese
SANDWICH White or Brown Bread White or Brown Baguette	Tuna, Cheese Or Cheese & Pickle	Mixed Seafood Or Egg Mayonnaise	Turkey Or Savoury Cheese	Corned Beef or Egg Mayonnaise	Cheese Or Jam
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Apple Crumble Custard Fresh Fruit Pot Fresh Fruit Or Fruit Yoghurt	Fruit or Plain Scone Fresh Fruit Pot Fresh Fruit Or Fruit Yoghurt	Iced Buns Fresh Fruit Pot Fresh Fruit Or Fruit Yoghurt	Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt

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YELLOW WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
MEAL OF THE DAY	Beef Burger in a Bun Hamburger Relish	Roast Chicken Yorkshire Pudding Stuffing	Beef and Onion Pie Mushy Peas Mint Sauce	Teriyaki Chicken Stir Fried Vegetables	Fish Fingers
	Curly Fries	New Potatoes	Potato's	Brown Rice	Chipped Potatoes
All MAIN MEALS ARE SERVED WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Tomato Pots. Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Sweet and Sour Quorn Stir Fry	Quorn Hot Dog	Vegan Fajitas Mixed Salad	Vegetable Enchiladas	Halloumi Burger in a Bread Bun
JACKET POTATO CHOICE	Beans /Tuna Or Cheese	Coleslaw/Tuna Or Loaded Potato Skins	Savoury Tuna Or Grated Cheese	Tuna Or Cheese	Beans Or Cheese
PASTA BAR	Cheesy Sauce Or Cheese	Tomato and Basil Or Cheese	Tomato & Basil Pasta Or Cheese	Tomato and Basil Or Cheese	Spicy Tomato Sauce Or Cheese
WRAP	Chicken Tikka Or Cheese and Cucumber	Chicken Tikka Or Brie, Cranberry and Rocket	Sweet Chilli Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread Or Mozzarella & Roasted Red Pepper	Creamy Spinach and Feta Wrap Or Cheese and Chive
SANDWICH White or Brown Bread White or Brown Baguette	Tuna Or Cheese	BLT Or Egg and Cress	Chicken and Stuffing Or Cheese	Ham Or Soft Cheese	Jam Or Egg Mayonnaise
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Chocolate Sponge Chocolate Sauce Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Angel Delight Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Manchester Tart Fresh Fruit Pot Fresh Fruit or Fruit Yoghurt	Fresh Fruit Pot Fresh Fruit Or Fruit Yoghurt

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