

**NAS ROBERT OGDEN SCHOOL  
WINTER MENU**

<b>BLUE WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>MEAT FREE FRIDAY</b>
MEAL OF THE DAY	Bacon Chop	Roast Beef Horseradish Sauce Yorkshire Pudding	Lasagne Garlic Bread	Chicken Curry Poppadum	Fishcake
	Curly Fries	Mashed Potatoes	New Potatoes	Brown Rice	Chipped Potato
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	Spaghetti Carbonara	Quorn Sausage in a Yorkshire Pudding (Toad in a hole)	Vegi Nuggets Smilie Faces Beans	Cheese and Tomato Flan with Homemade Potato Salad	Vegan Fajitas
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	BLT 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	Peach Crumble Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Bun Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

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<b>RED WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>MEAT FREE FRIDAY</b>
MEAL OF THE DAY	BBQ Chicken	Roast Pork Stuffing Apple Sauce	Minced Beef and Onion Pie Gravy	Chicken Burritos	Fish Goujons
	New Potatoes	Mashed Potatoes	New Potatoes	Sweet 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	Quorn Nuggets	Tofu & Spinach Cannelloni	Cheese and Broccoli Bake	French Bread Margarita Pizza Coleslaw	Vegetable Risotto
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, Marmite 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	Apple Sponge Custard Fresh Fruit Pot Fresh Fruit Or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt	Assorted Homemade Cookies Fresh Fruit Pot, Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

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<b>YELLOW WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>MEAT FREE FRIDAY</b>
MEAL OF THE DAY	Meat Balls with Tomato Pasta Garlic Bread	Roast Chicken Stuffing	Beef Burger in a Bun Relish	Ham and Pineapple Pizza Margherita Pizza	Fish Fingers
	New Potatoes	Mashed Potatoes	New Potatoes	Potato Wedges	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	Cheese and Spinach Flan, Mixed Salad	Vegetable Enchiladas	Vegetable Burger with Homemade Potato Salad	Vegan Sausage Roll
JACKET POTATO CHOICE	Tuna Or Cheese/Beans	Cheese/Beans Or Cottage Cheese	Coronation Chicken 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	Tuna Or Savoury Cheese	Salmon Or Cheese	Soft Cheese Or Egg Mayonnaise
DESSERT	Honey & Banana Pancakes Fresh Fruit Pot Fresh Fruit or Yoghurt	Homemade Rice Pudding & Shortbread Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Mandarin and Grape Muffin Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt

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