



# OLDHILL COMMUNITY SCHOOL MENU

Week 1						
w/B		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 8am-9am	Option 1	SHREDDIES (G)	PORRIDGE (G,M)	RICE KRISPIES (G)	WEETABIX (G)	CORNFLAKES (G)
	Option 2	WHOLEMEAL TOAST (G) & MARMALADE	TOASTED TEA CAKE (G,M)	BAKED BEANS & TOAST (G)	BOILED EGG (E) SLICED TOMATOE & MUFFIN (G) May contain Sesame Seed	TOAST (G) & JAM
MORNING SNACK 10am		Apple	Orange	Pear	Banana	Grapes
LUNCH 11.30am	Main Meal	MEDDITERIAN PIZZA (G)	SAVOURY LAMB MINCE PIE (G)	STICKY CHICKEN THIGHS	LAMB & POTATO CURRY	BATTERED CHICKEN NUGGETS (G,Ce)
	Vegetarian	MARGARITA PIZZA (M,G)	SAVOURY QUORN MINCE (E) PIE (G)	MACARONI CHEESE (M,Mu)	SPINACH, POTATO & CHICKPEA CURRY	JUMBO COD FISH FINGER (F,G,M,Mu)
	SIDE & ACCOMPANIMENTS	MIXED VEGETABLES	SWEETCORN & BROCCOLLI	ROAST POTATOES ROASTED VEGETABLES	RICE GREEN BEANS	CHIPS BAKED BEANS
	DESSERT	RICE PUDDING (M) & JAM	FRUIT JELLY (M)	FRUIT SELECTION	CINNAMON RAISIN BUN(G)	ASSORTED SEASONAL FRUIT
AFTERNOON SNACK 2pm		PLAIN RICE CAKE (G) & GRAPES May contain Nuts	BAGEL (G) & PHILADELPHIA (M) WITH CHERRY TOMATOES May contain Sesame Seeds	BREADSTICKS (G) WITH TUNA DIP (F,E) & VEGETABLE STICKS	FROMAGE FRAIS (M) & BANANA with BREADSTICKS (G)	CRUMPET (G) & DAIRYLEA (M) ORANGE WEDGES May contain sesame seeds
TEA 4pm		FALAFEL BALLS with SPICY POTATO WEDGES & TOMATO SALSA may contain(Ce,Mu,Se,Sb)	VEGETABLE & QUORN STIR FRY NOODLES (E,G)	VEGAN SAUSAGE ROLL (G) & MIXED SALAD	JACKET POTATOES WITH CHEESE (M) OR TUNA (F,E) & COLSLAW (E)	SAVOURY OMELETTE (E) & MIXED BEAN SALAD



# OLDHILL COMMUNITY SCHOOL MENU

Week 2						
W/B:		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 8am-9am	Option 1	RICE KRISPIES (G)	SHREDDIES (G)	BRANFLAKES (G)	CORN FLAKES (G)	WEETABIX (G)
	Option 2	TOAST (G)	TOASTED CRUMPET (G) May contain Milk	SCRAMBLED EGG (E) & BAGEL (G) May contain Sesame Seeds	TOAST (G) AND BAKED BEANS	TOASTED MUFFIN (G,M) may contain sesame seeds
MORNING SNACK 10am		APPLE	ORANGE	PEAR	BANANA	GRAPES
LUNCH 11.30am	Main Meal	HALAL CHICKEN SAUSAGE (G,Su) & BEAN CASSEROLE	CHICKEN CURRY	ROAST CHICKEN THIGHS	CHILLI LAMB CONCARNE	BATTERED COD FILLETS (F,G,M,Mu)
	Vegetarian	QUORN SAUSAGE (E,G,M) & BEAN CASSEROLE	VEGETABLE & CHICKPEA CURRY	CARAMALISED ONION & CHERRY TOM QUICHE (G,E,M)	CHILLI QUORN CONCARNE (E,G)	FALAFEL BURGER
	SIDE	MASH POTATOES & MIXED VEGETABLES	RICE, NAAN BREAD (G) & CAULIFLOWER	ROAST POTATOES & ROASTED VEG	TORTILLA WRAP (G) OR TACO (G) CORN & GREEN BEANS	CHIPS PEAS & KETCHUP
	PUDDING	ARTIC ROLL (E,G,M,Sb)	BANANA CAKE (G,E,) & CUSTARD (M)	FRUIT JELLY (50% Fruit)	COOKS CHOICE BISCUITS (G,E)	FRUIT SELECTION
AFTERNOON SNACK 2pm		CREAM CRACKERS (G) PHILADELPHIA (M)	FROMAGE FRAIS(M) & MELON with BREADSTICKS (G)	TOASTED PITTA FINGERS (G) & HOMMUS DIP & PEPPER STICKS May contain Milk & Sesame Seeds	CRUSTY ROLL (G,M) & GRATED CHEESE (M) WITH CUCUMBER & TOMATO	TEA CAKES (G) & JAM
TEA 4pm		LENTIL & BUTTERNUT SQUASH SOUP & BREAD (G)	MAC AND CHEESE with chrused butter beans (Sb,M,G)	FISH FINGER WRAP (F,G) & CRUNCHY SALAD	JACKET POTATO & BEANS OR CHILLI CON CARNE (E,G)	SANDWICH SELECTION (M,F,E) & FRUITY POT



# OLDHILL COMMUNITY SCHOOL MENU

Week 3						
W/B:		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 8am-9am	Option 1	WEETABIX(G)	CORNFLAKES(G)	RICE KRISPIES (G)	SHREDDIES (G)	BRANFLAKES(G)
	Option 2	WHOLEMEALTOAST (G) JAM OR MARMELADE	BAKED BEANS & TOAST (G)	SCRAMBLE EGG (E) & MUSHROOM WITH BAGEL (G) may contain Sesame seeds	TOASTED MUFFIN (G) May contain Sesame seeds	FRENCH TOAST(G) & SPREAD
MORNING SNACK 10am		APPLE	ORANGE	PEAR	BANANA	GRAPES
LUNCH 11.30am	Main Meal	JACKET POTATO	SHEPHERDS PIE	STEAMED CANTONESE STYLE SALMON (F,Sb)	ROAST CHICKEN DRUMSTICKS	BATTERED COD FILLETS (F,G,M,Mu)
	Vegetarian	JACKET POTATO	QUORN (E,G) SHEPARD'S PIE	BROCCOLI & CAULIFLOWER PASTA BAKE (M,G)	ROAST QUORN VEGAN FILLETS (G)	CHEESE & ONION PASTRY (G,M)
	SIDE	BEANS, CHEESE(M), TUNA(F) & SWEET CORN COB	GREEN BEANS	NEW POTATOES & MIXED VEGETABLES	RICE, GRAVY (Sb,G,Ce) & CARROTS & CABBAGE	CHIPS PEAS & KETCHUP
	DESSERT	CAKE (E,G) & CUSTARD (M)	GRAPES, APPLE,CRACKERS & CHEESE (G,M)	FRESH FRUIT SELECTION	CHOCOLATE CRACKNELL (G)	TIN FRUIT SELECTION
AFTERNOON SNACK 2pm		BREADSTICKS(G) & TUNA (F,E) DIP& WITH CHERRY TOMATOES May contain Milk & Sesame Seeds	BROWN BREAD TRIANGLES (G),GREEK YOGURT (M) & PEACHES	WHOLEMEAL PITTA BREAD (G) ,HOMMUS (Se) CUCUMBER & CARROT STICKS	TEACAKE (G) & DAIRYLEA (M) WITH PEAR May contain Sesame seeds	FROMAGE FRAIS (M) & BANANA with CRUMPET (G) May contain Milk
TEA 4pm		CHEESY SPINACH, CRUSHED WHITE BEANS PASTA BAKE (M,G) & GARLIC BREAD (G,M)	VEGETABLE & LENTIL CURRY & RICE (Mu)	QUORN BUGER (G,E,M) & MIXED SALAD	TOFU (E) VEGETABLE STIRFRY NOODLES (G,E)	BEANS & TOAST (G)



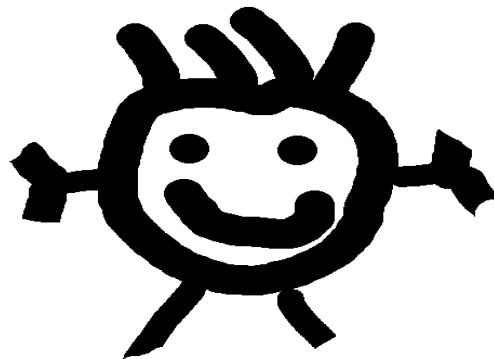
OLDHILL COMMUNITY SCHOOL MENU

# Oldhill Community School & Children Centre

'Proudly Achieving Together'



## Tyssen Early Years



"Learning to be me"