WEEK 1 MENU

w/c 31/10, 02/11, 12/12, 02/01, 23/01, 06/03, 27/03

	Monday	Tuesday	Wednesday	Thursday	Friday
	STREET FOOD DAY	PLANET EARTH DAY	ORIGINALS DAY	WORLD FOOD DAY Italian	FRIDAY FAVOURITES
MAIN 1	Sausage Pasta Bake OR Moroccan Chicken Bake	BBQ Sweetcorn and Pepper Tortilla Pizza OR Sweet Potato and Pea Risotto (F50) (Ve)	Roast Meat of the Day OR Chicken / Minced Beef Filo Pie	Crispy Italian Chicken OR Tuscan Braised Chicken	Oven Baked Breaded Fish Fillet OR Salmon Fish Fingers
Main 2	Roasted Vegetable & Tomato Gnocchi (V)	Sticky Korean Cauliflower (V)	Turkish Quorn Flatbread (V)	Crispy Italian Vegetables (V)	Quorn Hot Dog & Fried Onions (V)
Carbohydrates	Fresh Mashed Potato Or Wholemeal Pasta	Garlic and Rosemary Focaccia or Wholemeal Pasta	Roast Potatoes or Wholemeal Pasta	Egg Noodles or Wholemeal Pasta	Oven Baked Chips
Vegetables	Roasted Sweetcorn (V)	Roasted Red Onion and Kale (V) (F50)	Carrots and Cabbage (V)	Roasted Courgette and Pepper (V)	Baked Beans or Garden Peas (Ve)
Desserts	Plum Crumble and Custard Selection of Yoghurts	Baked Rice Pudding with Apple Topping Selection of Yoghurts	Autumn Cake Selection of Yoghurts	Apricot Cake with Apricot Sauce Selection of Yoghurts	Chocolate Custard Mousse

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

(F50) **Future 50** Contains one or more of the top 50 most sustainable foods in the world!

(V) Vegetarian (Ve) Vegan (O) Organic

For allergen content please speak to member of staff who will be happy to assist

WEEK 2 MENU

w/c 07/11, 28/11, 09/01, 30/01, 20/02, 13/03

	Monday	Tuesday	Wednesday	Thursday	Friday
	STREET FOOD DAY	WORLD FOOD DAY	ORIGINALS DAY	PLANET EARTH DAY	FRIDAY FAVOURITES
MAIN 1	Butter Chicken Curry OR Beef Mince Curry	Beef and Roast Veg Lasagne OR Spiced Turkey Pitta	Roast Meat of the Day OR Chicken and Vegetable Cobbler	Loaded Chilli Dogs OR Roasted Pepper Frittata (V)	Oven Baked Fish Fingers
Main 2	Chickpea and Spinach Curry (V) (Ve) (F50)	Macaroni Cheese (V)	Cauliflower Cheese (V)	Mixed Bean Enchiladas (V)	Quorn Dippers & Tomato Salsa Wholemeal Margarita Pizza (V)
Carbohydrates	Turmeric Braised Rice or Wholemeal Pasta	Garlic and Rosemary Focaccia or Wholemeal Pasta	Roast Potatoes or Wholemeal Pasta	Baked Half Jacket Wholemeal Pasta	Oven Baked Chips
Vegetables	Bombay Cauliflower and Peas (V)	Roasted Sweetcorn and Green Pepper (V)	Fresh Broccoli and Carrots (V)	Cumin Scented Carrots (V)	Baked Beans Garden Peas (Ve)
Desserts	Fruity Yoghurt Fool Selection of Yoghurts	Chocolate Beetroot Cake Selection of Yoghurts	Pear Upside Pudding & Chocolate Custard Selection of Yoghurts	Watermelon and Mint Pots Selection of Yoghurts	Freshly Baked Vanilla Cookie Selection of Yoghurts

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

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FOOD & Co. by sodexo — Oasis Community Learning — Working together

WEEK 3 MENU

w/c 14/11, 05/12, 16/01, 06/02, 27/02, 20/03

	Monday	Tuesday	Wednesday	Thursday	Friday
	STREET FOOD DAY	PLANET EARTH DAY	ORIGINALS DAY	WORLD FOOD DAY	FRIDAY FAVOURITES
MAIN 1	Louisiana Style Baked Chicken OR Persian Baked Chicken	Vegan Sweet Potato Chilli (F50) OR Spiced Indian Veggie Wrap (F50)	Roast Meat of the Day	Greek Style Meatball Bake OR Sausage & Onion Gravy	Oven Baked Breaded Fish OR Fish Finger and Cheese Bap
Main 2	Cheesey BBQ Bean and Lentil Bake (F50) (V)	Quorn Noodle Stir Fry (V)	Roasted Quorn Fillet and Gravy OR Vegetable Calzone (V)	Quorn Sausage and Gravy (V)	Vegetable Pasta Bake (V)
Carbohydrates	Baked Half Jacket Wholemeal Pasta (V)	Braised Rice Wholemeal Pasta (V)	(O) Roasted Potatoes Wholemeal Pasta (V)	Fresh Mashed Potato Wholemeal Pasta (V)	Oven Baked Chips (V)
Vegetables	Roasted Broccoli with Garlic & Red Pepper (V)	Stir Fry Vegetables (V)	Glazed Kale (F50) Roasted Carrots (V)	Ratatouille (V)	Baked Beans Garden Peas (Ve)
Desserts	Roasted Pineapple Pots Selection of Yoghurts	Lemon Posset & Ginger Biscuit Selection of Yoghurts	Orange and Cinnamon Drizzle Cake Selection of Yoghurts	Apple and Yoghurt Pudding Selection of Yoghurts	Fruit Sorbet Selection of Yoghurts

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

(F50) **Future 50** Contains one or more of the top 50 most sustainable foods in the world!

(V) Vegetarian (Ve) Vegan (O) Organic

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