# Your School Lunch

Let's Eat • TOGETHER •

## WEEK ONE Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Margherita Pizza (Cheese & Tomato) *(V, EF)* | Cajun Beef & Bean Tortilla *(EF)* | Roast Loin of Pork *(GF, DF, EF)* | Sticky BBQ Chicken with Rice *(DF, EF, GF)* | Fish Fingers *(DF, EF)* |
| Herby Tomato Pasta *(VG)* | Cajun Vegetable & Bean Tortilla *(V, EF)* | Quorn Roast *(V, GF)* | Mac 'n' Cheese *(V, EF)* | Veggie Sausage Roll *(V, EF)* |
| Rainbow Rice Salad *(VG)* | Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)* | Wholemeal Tuna & Cucumber Sandwich *(EF, DF)* | Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)* | Cheddar Cheese, Tomato & Onion Pasta Salad *(EF)* |
| Peas & Baked Beans | Mixed Salad & Sweetcorn | Roast Potatoes, Yorkshire Pudding, Cabbage & Carrots | Broccoli & Vegetable Medley | Chips or Pasta Peas & Sweetcorn |
| Ginger Biscuit *(V, EF, DF)* | Lemon Cake *(V, DF)* | Chewy Vanilla Cookie *(V, EF)* | Flapjack *(V, DF, EF)* with Raisins | Strawberry Ice Cream *(V, GF, EF)* with Pineapple |

## WEEK TWO Week Commencing: 9th Nov, 30th Nov, 4th Jan, 25th Jan, 22nd Feb, 15th March

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Margherita Pizza (Cheese & Tomato) *(V, EF)* | Sausage Plait *(DF)* | Cottage Pie *(GF, EF)* | Beef Meatballs in Tomato Sauce *(GF, DF, EF)* | Chicken Nuggets *(DF, EF)* |
| Mild Mexican Chilli Loaded Hash Browns *(VG, GF)* | Crispy Veggie Dippers *(VG)* | Veggie Cottage Pie *(V, EF, GF)* | Veggie Meatballs in Tomato Sauce *(VG, GF)* | Veggie Samosa's *(VG)* |
| Wholemeal Egg Mayo Sandwich *(V, DF)* | Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)* | Wholemeal Cheese & Tomato Sandwich *(V, EF)* | Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)* | Breaded Salmon Wrap with Mayo & Lettuce *(EF, DF)* |
| Sweetcorn & Baked Beans | Oven Baked Potato Wedges Peas & Carrots | Cauliflower & Vegetable Medley | Pasta, Sweetcorn & Carrots | French Fries or Pasta Baked Beans or Peas |
| Vanilla Oat Traybake *(V)* | Shortbread *(V, EF, DF)* with an Orange Wedge | Crunchy Cornflake Cookie (V, EF, DF) | Cinnamon Swirl Sponge *(V, DF)* | Strawberry Jelly *(V, GF, DF, EF)* with Peaches |

## WEEK THREE Week Commencing: 16th Nov, 7th Dec, 11th Jan, 1st Feb, 1st March, 22nd March

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Margherita Pizza (Cheese & Tomato) (V, *EF*) | Pork Sausages with Gravy *(DF, EF)* | Roast Chicken Breast *(GF, EF, DF)* | Beef Bolognaise with Twisty Pasta (*DF, EF*) | Flipper Dippers *(DF, EF)* |
| Spinach & Potato Curry with Rice *(VG)* | Veggie Sausage with Gravy *(VG, GF)* | Vegetarian Quorn Roast *(V, GF)* | Veggie Bolognaise with Twisty Pasta *(VG,)* | Pizza Pinwheel *(V, EF)* |
| Cheese & Cucumber Wrap *(V, EF)* | Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)* | Tuna & Sweetcorn Pasta Salad *(DF, EF)* | Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)* | Wholemeal Egg Mayo & Lettuce Sandwich *(V, DF)* |
| Peas & Baked Beans | Mashed Potato, Cabbage & Carrots | Roast Potatoes & Yorkshire Pudding with Gravy Cauliflower & Green Beans | Carrots & Peas | Chips or Pasta Sweetcorn or Baked Beans |
| Melting Moment *(V, DF, EF)* | Rock Cake *(V)* with Melon | Lemon Oat Cookie *(V, EF, DF)* | Iced Sprinkle Cake (V, DF) | Vanilla Ice Cream *(V, GF, EF)* with Mandarins |

**Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert**

Allergy advice – All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergeninformation is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.

KEY:
V VEGETARIAN
VG VEGAN
EF EGG FREE
DF DAIRY FREE
GF GLUTEN FREE

OXFORDSHIRE COUNTY COUNCIL