

# Autumn/Winter MENU 2019/20

## OVINGHAM MIDDLE SCHOOL

### WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Mediterranean Pork Roasted Vegetable Parcel Jacket Potato	Pasta King Fish Fingers Jacket Potato	Roast Beef with Yorkshire Pudding & Gravy  Quiche	Pasta King Fish Cakes Chilli Con Carne Jacket Potato	Sausage Roll Vegetarian Roll Lasagne Vegetable Lasagne
Potatoes Pasta/Rice	Rice Salad Potatoes	Pasta Salad Potatoes	Roast Potatoes	Rice Pasta	Chips Spaghetti Hoops
Vegetables	Peas Sweetcorn	Carrots Green Beans	Farmhouse Vegetables	Baked Beans Peas	Sweetcorn
Salad Bowl	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads
Starters or Sweets	Iced Chocolate Cake	Apple Crumble & Custard	Cheese & Crackers	Lemon Meringue Pie	Shortbread Biscuit



**Fresh Fruit and Yoghurt available daily**  
**Drinking Water is Available Daily on the Dining Room Tables**



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### WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Chicken Fajitas Pizza Wrap Jacket Potato	Pasta King Pizza Baguette Salmon	Mince and Dumplings Quiche Pasta Bake	Pasta King Meatball Milanese Macaroni Cheese	Pizza Fish Fingers
Potatoes Pasta / Rice	Potato Wedges	Jacket Potatoes Salad Potatoes	Creamed Potatoes	Jacket Potato Pasta Salad Potatoes	Chips
Vegetables	Broccoli Carrots	Farmhouse Vegetables Green Beans	Cauliflower Broccoli	Sweetcorn	Baked Beans Peas
Salad Bar	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads
Starters or Sweets	Iced Lemon Cake	Steamed Pudding & Custard	Ice Cream	Cheesecake	Muffins



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### WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Spaghetti Bolognese Cheese Squares Jacket Potatoes	Pasta King Pizza Wrap Salmon Jacket Potatoes	Sausage Toad Fish Cakes Vegetable Sausage	Pasta King Macaroni Cheese Jacket Potatoes	Beef Burger in a Bun Veggie Burger Pasta Bake Fish Fingers
Potatoes Pasta / Rice	Salad Potatoes Spaghetti	Pasta Salad Potatoes	Creamed Potatoes	Pasta Salad Potatoes	Chips
Vegetables	Sweetcorn	Baked Beans Broccoli	Farmhouse Vegetables Turnip	Carrots Green Beans	Spaghetti Hoops Sweetcorn
Salad Bar	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads
Starters or Sweets	Iced Orange Cake	Sticky Toffee Pudding and Custard	Cheese and Crackers	Chocolate Orange Crunch	Flapjack



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## OVINGHAM MIDDLE SCHOOL

### WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Chicken Nuggets  Pizza Parcels  Mexican Bean Wrap	Pasta King  Tuna Baguette  Quiche	Pie & Gravy  Salmon  Pizza	Pasta King  Fish Cakes  Chicken Tikka	Sausages  Vegetarian Sausages  Battered Fish
Potatoes Pasta/Rice	Jacket Potatoes  Potato Wedges	Jacket Potatoes New Potatoes Pasta	Creamed Potatoes	Jacket Potatoes Pasta Rice	Chips
Vegetables	Baked Beans	Carrots	Broccoli Cauliflower	Sweetcorn	Baked Beans Sweetcorn
Salad Bowl	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads	Seasonal Salads
Starters or Sweets	Iced Milkshake Cake	Rice Pudding and Jam Sauce	Ice Cream	Cheesecake	Muffins



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