

# THE OAKS SECONDARY SCHOOL

# 16/9/2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHILLI CON CARNE AND RICE CHOPPED HAM SALAD GF SWEET AND SOUR VEG RICE	TURKEY PIE BACON CHOP GF VEG RISOTTO	ROAST HAM GF FISH CAKES MACARONI CHEESE	CHICKEN CURRY RICE GF CHEESE PIZZA	SAUSAGE ROLL BREADED FISH BROCOLLI PASTA BAKE GF
VEGETABLES	PEAS BROCOLLI SALAD/COLESLAW	CARROTS MASHED TURNIP SWEETCORN SALAD/COLESLAW	CARROTS CABBAGE MUSHY PEAS	GREEN BEANS SALAD/COLESLAW	MUSHY PEAS BAKED BEANS SALAD/COLESLAW
POTATOES	MASHED POTATO JACKET FILLED OR PLAIN	MASHED POTATO JACKET FILLED OR PLAIN	ROAST POTATO MASHED POTATO JACKET FILLED OR PLAIN	BOILED POTATO JACKET FILLED OR PLAIN	CHIPS MASHED POTATO
SWEET	APPLE CRUMBLE WITH CUSTARD BISCUITS WITH DRINK YOGHURT FRESH FRUIT JELLY/MOUSSE	RICE PUDDING WITH CHOCOLATE SPRINKLE BISCUITS WITH DRINK YOGHURT FRESH FRUIT JELLY/MOUSSE	FLAPJACK AND CUSTARD BISCUITS WITH DRINK YOGHURT FRESH FRUIT JELLY/MOUSSE	SPONGE AND CUSTARD BISCUITS WITH DRINK YOGHURT FRESH FRUIT JELLY/MOUSSE	CORNFLAKE TART CUSTARD BISCUITS WITH DRINK YOGHURT FRESH FRUIT JELLY/MOUSSE
DAILY CHOICE	SALADS SANDWICHES FRESH FRUIT JUICE FLAVOURED WATER MILK OR SHAKES	SALADS SANDWICHES FRESH FRUIT JUICE FLAVOURED WATER MILK OR SHAKES	SALADS SANDWICHES FRESH FRUIT JUICE FLAVOURED WATER MILK OR SHAKES	SALADS SANDWICHES FRESH FRUIT JUICE FLAVOURED WATER MILK OR SHAKES	SALADS SANDWICHES FRESH FRUIT JUICE FLAVOURED WATER MILK OR SHAKES