

THE OAKS SECONDARY SCHOOL

23/9/2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	PASTA BOLOGNESE CHOPPED HAM GF SWEET AND SOUR VEG	MINCE PIE TOAD IN THEHOLE CHEESE BAKES	ROAST BEEF GF FISH FINGERS MACARONI CHEESE	BEEF CURRY GF CHICKEN GOUJONS SWEET AND SOUR SAUCE BOILED RICE	BURGER IN A BUN BREADED FISH FILLED JACKETS GF
VEGETABLES	PEAS BROCOLLI	CARROTS MASHED TURNIP SWEETCORN SALAD/COLESLAW	CARROTS CABBAGE MUSHY PEAS	SPAGETTI HOOPS GREEN BEANS SALAD/COLESLAW	PEAS BAKED BEANS SALAD/COLESLAW
POTATOES	MASH JACKET FILLED OR PLAIN	MASHED POTATO JACKET FILLED OR PLAIN	ROAST POTATO MASHED POTATO JACKET FILLED OR PLAIN	BOILED POTATO JACKET FILLED OR PLAIN POTATO WEDGES	CHIPS MASHED POTATO
SWEET	APPLE CRUMBLE WITH CUSTARD BISCUITS WITH DRINK YOGURT 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 FRUIY JELLY/MOUSSE	SPONGE AND CUSTARD BISCUITS WITH DRINK YOGHURT FRESH FRUIT JELLY/MOUSSE	CHOCOLATE CRUNCH 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