

# THE OAKS SECONDARY SCHOOL

# 1/10/2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SAUSAGE CHEESE FLAN SWEET AND SOUR VEG AND RICE GF	MINCE & CHEESE CRUMBLE BACON CHOP VEGETABLE BAKE	ROAST HAM FISH FINGERS MACARONI CHEESE	BEEF CURRY CHICKEN GOUJONS SWEET AND SOUR SAUCE BOILED RICE	HOT DOG BREADED FISH TOMATO PASTA BAKE GF
VEGETABLES	PEAS BAKED BEANS SALAD/COLESLAW	CARROTS MASHED TURNIP SWEETCORN SALAD/COLESLAW	CARROTS CABBAGE MUSHY PEAS	SPAGETTI HOOPS 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	CHOC FUDGE CAKE 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