

## West Oxford Primary School Menu – April - October 2019

### Week 1

22 April, 13 May, 10 June, 1 July, 22 July, 16 Sept, 7 Oct

### Monday

Chicken Casserole with Rice  
Quorn Pasta Bolognese (V)  
Peach Crunch and Custard

### Tuesday

Pizza Margherita and Wedges (V)  
Teriyaki Salmon and Stir Fry Noodles  
Marble Raspberry Cake

### Wednesday

Roast Chicken, Pork or Quiche(V)  
with Gravy and Stuffing  
Roast or New Potatoes  
Yoghurt with Summer Berries

### Thursday

Beef Pie with Mash  
Macaroni Cheese (V)  
Oat cookies and Milk

### Friday

Breaded Fish or Quorn Sausage (V)  
Chips or Pasta  
Fresh Melon, Pineapple or Grapes

### Week 2

29 April, 20 May, 17 June, 2 June, 8 July, 4 Sept, 23 Sept,  
14 Oct

### Monday

Sausages or Chicken Drumstick and Mash  
Tortellini, Broccoli and Mushroom Bake (V)  
Chocolate Shortbread and Milk

### Tuesday

Homemade Meatballs in Tomato Sauce with Rice  
Chilli Bean Cakes with Wedges (V)  
Apple Cake and Cream

### Wednesday

Roast Chicken or Beef, or Toad in Hole (V)  
With Yorkshire Pudding, Gravy and Stuffing  
Roast or New Potatoes  
Banana Bread and Milk

### Thursday

Pizza Margherita (V) or Tuna Pizza  
Curried Rice with Chicken or boiled Egg (V)  
and Katsu Curry Sauce  
Strawberry and Banana Jelly

### Friday

Fish Cake or Quorn Burger (V)  
Chips or Pasta  
Yoghurt with Granola

### Week 3

6 May, 3 June, 24 June, 15 July, 9 Sept, 30 Sept, 21 Oct -  
Change to New Menu after Autumn Break

### Monday

Jacket Potato with Cheese and Beans (V)  
Herb-Crumbed Cod with Vegetable Rice  
Apple and Blackberry Crumble with Custard

### Tuesday

Lasagne with Salad and Garlic Bread  
Samosas with Dhal, Roast Cauliflower and Rice (V)  
Fresh Fruit Salad

### Wednesday

Roast Chicken or Veggie Balls (V)  
with Yorkshire Pudding, Gravy and Stuffing  
Roast or New Potatoes  
Scones with Jam and Whipped Cream

### Thursday

Deli Baguette with Cheese or Egg(V), Ham or Tuna  
Lamb Kofta or Falafel (V) with Couscous  
and Roasted Vegetables  
Ice Cream with Fruit

### Friday

Breaded Fish or Chicken Drumstick or Haloumi(V)  
Chips or Pasta  
Yoghurt with Fruit