

## West Oxford Primary School Menu – Winter 2019/20

### Week 1

4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 20<sup>th</sup> Jan,  
10<sup>th</sup> Feb, 9<sup>th</sup> Mar, 30<sup>th</sup> Mar, Change to New Menu after  
Easter Break

#### Monday

Jacket Potato Cheese and Beans (V)  
Tuna Pasta Bake  
Apple Crumble and Custard

#### Tuesday

Pork Casserole with Mash  
Pasta Bolognese (V)  
Cinnamon Buns and Milk

#### Wednesday

Chicken or Quorn Roast or Cauliflower Flan (V)  
With Yorkshire Pudding, Gravy and Stuffing  
Roast or New Potatoes  
Yoghurt and Fruit

#### Thursday

Sausages or Chicken Drumstick and Mash  
Burrito with Refried Beans and Wedges (V)  
Passion Cake and Milk

#### Friday

Fish or Quorn Burger (V)  
Chips or Pasta  
Jelly and Mandarins

### Week 2

11<sup>th</sup> Nov , 2<sup>nd</sup> Dec, 6<sup>th</sup> Jan , 27<sup>th</sup> Jan, 24<sup>th</sup> Feb, 16<sup>th</sup> Mar,

#### Monday

Macaroni Cheese (V)  
Vegetarian Shepherd's Pie (v)  
Ice Cream and Fruit Cocktail

#### Tuesday

Pizza Margherita (V)  
Thai Chicken and Coconut Rice  
Apple and Raspberry Crunch and Custard

#### Wednesday

Chicken, Pork or Quorn Roast or Veggie Bake (V)  
with Yorkshire pudding, Gravy and Stuffing  
Roast or New Potatoes  
Banana and Blueberry Muffins

#### Thursday

Chicken Pie with New Potatoes or Mash  
Quorn Korma with Rice and Naan Bread (V)  
Flapjack and Milk

#### Friday

Fish or Fish-fingers or Veggie Sausage Roll(V)  
Chips or Pasta  
Yoghurt and Fruit

### Week 3

18<sup>th</sup>Nov, 9<sup>th</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 2<sup>nd</sup> Mar, 23<sup>rd</sup> Mar,

#### Monday

Veggie Balls in Tomato Sauce and Rice (V)  
Fish Pie  
Shortbread and Milk

#### Tuesday

Mild Chicken Curry with Rice and Naan Bread  
Vegetarian Lasagne and Garlic Bread (V)  
Chocolate and Pear Sponge with Chocolate Sauce

#### Wednesday

Chicken or Pork Roast or Vegetable Pie (V)  
with Yorkshire Pudding, Gravy and Stuffing  
Roast or New Potatoes  
Fruit Salad

#### Thursday

Pizza Margherita or Pepperoni Pizza (V)  
Chicken Stir Fry and Noodles  
Yoghurt and Crunch

#### Friday

Fish or Chicken Drumstick or Frittata (V)  
Chips or Pasta  
Rice Pudding and Peaches

Dear children, staff, parents and carers

The kitchen team is pleased to send you our new Winter-menu. As always we have chosen a mix of old favourites and some new recipes which we hope you will all like.

As before we are offering a choice of freshly prepared main meals, side dishes and puddings. Most times the latter will include some fruit and there is also yoghurt as an option. A choice of cut fruit, vegetables and salads and at times bread can be added.

Having watched, listened to and read a lot about climate change and the possible future consequences we are trying to take a more planet friendly approach to the menu and the way we run our school kitchen.

As you may or may not yet know, we have recently changed our system to allow everybody to choose the vegetarian option on a daily basis. At register time in the morning the teacher will read out what the food options are, e.g. Chicken Pie or Quorn Korma. Their choice will be taken down on the register so we can find out how much to cook in advance.

With a view to the future we are excited to introduce “Meat free Mondays” on the new Winter Menu. We have chosen meals where we know from the past that they are very popular with a lot of the children. It should not be a hardship to go without meat on those days but hopefully will make you all feel good to be part of a new generation which does their bit to help save the planet.

Of course children with particular food needs will still be getting the food they can enjoy. Could all parents of those children please make sure the school is aware of their children’s needs by filling in the appropriate forms.

We are also very keen on recycling and as we are able to buy in catering quantities we have little plastic waste, and tins and cardboard boxes go into the recycling. The children use the food bin in the canteen for food waste which, with all our kitchen biodegradable waste, gets collected once weekly.

Children bringing in packed lunches can use the food bin but should please take their rubbish home for you to recycle.

If you have any question about the school food and kitchen, please come and speak to us in the canteen.

Kind regards from Ruth, Kerry, Eva and Huw