

WEEKLY

# MENU

## Oaks Park High School - Summer Week 1



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Lamb Kofta with Roast Vegetables and Couscous

Deconstructed Fish Pie

Roast Chipotle Chicken, Roast Potatoes & Gravy

Chunky Beef Chilli served with Soured Cream

Battered or Breaded Fish Served with Homemade Tarter sauce

Broccoli Pasta Bake

Vegetable Verde Lasagne with Shards Garlic Bread

Jalapenos with Sweet Pepper in a Tomato Sauce

Fully Loaded Quorn Frankfurter in a Bun

Chef's Chicken of the Week

Fresh Carrots in Sesame Oil and Soy Sauce

Cauliflower with Coriander and Chilli

Steamed Carrots with Parsley and Roast Onion & Cauliflower

Steamed Mixed Vegetables

Baked Beans or Garden Peas

Summer Salad

Summer Salad

Summer Salad

Garden Salad

Cheese and Tomato Pizza

Vanilla Pannacotta with Peach Compote

Carrot and Orange Cake with Yoghurt Frosting

Apple and Pear Crumble with Custard

Sweet Potato and Pineapple Cake

Garden Salad

Ice Cream

Assorted Cold Desserts

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Available daily

Freshly prepared selections of Salads and Protein Items. Jacket Potatoes served with Hot or Cold Filling. Selection of Baguettes/Sandwiches and Wraps. Selection of Juice and Water