

WEEKLY

# MENU

## Oaks Park High School Summer Week 2



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

CHICKEN STIR FRY WITH ORIENTAL VEGETABLES & RICE	LAMB & ROASTED VEGETABLE MOUSSAKA	JERKED SPICED ROAST BEEF WITH CURRIED YORKSHIRE PUDDING	ORIENTAL INSPIRED STYLE CHICKEN THIGHS WITH SWEET & SOUR SAUCE	BATTERED/BREADED FISH WITH CHIPS & HOMEMADE TARTAR SAUCE
PASTA ARABATIA WITH CHEESE	CHICKPEA CURRY SERVED WITH RICE & NAAN BREAD	CAULIFLOWER, LENTIL & BUTTER BEAN GRATIN WITH GARLIC BREAD	QUORN , VEGETABLE PIE TOPPED WITH PUFF PASTRY WITH CREAMED POTATOES	CHEFS CHICKEN OF THE WEEK
SEASONAL VEGETABLES	SEASONAL VEGETABLES	CRISPY ROAST POTATOES, SEASONAL VEGETABLES & GRAVY	STIR FRIED VEG NOODLES	CHEESE & TOMATO PIZZA
SUMMER SALAD	SUMMER SALAD	SUMMER SALAD	SEASONAL VEGETABLES	PEAS OR BAKED BEANS
PINEAPPLE UPSIDE DESSERT WITH NUTMEG CUSTARD	LEMON DRIZZLE CAKE WITH RASPBERRY CREME FRAIS	SPICED APPLE CAKE WITH CUSTARD	SUMMER SALAD	SUMMER SALAD
ASSORTED COLD DESSERT	ASSORTED COLD DESSERTS	ASSORTED COLD DESSERTS	ORANGE POLENTA CAKE WITH VANILLA SAUCE	CHOCOLATE OR STRAWBERRY ICE CREAM
				ASSORTED COLD DESSERTS

Available daily

FRESHLY PREPARED SANDWICHES/BAGUETTES.FRESHLY PREPARED SALADS,JACKET POTATOES,PANINIES, FRESH FRUIT, FRUIT POTS,JELLIES,HOMEMADE YOGHURT