

AUTUMN LUNCH MENU





OAKWELL RISE
Primary Academy

MENU

W/C- 15/09, 06/10



WELLSPRING
Catering Team

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy Chicken Pasta	Chicken Curry	Pork Sausages	Beef Burger	Fish Fingers and Oven Chips
VEGETARIAN	Tomato & Basil Pasta Bake	Vegetable Curry	Vegetarian Sausages	Southern Fried Quorn Burger	Veggie Fingers
SERVED WITH	Garlic Dough Balls and Vegetable Selection	Rice & Naan Bread	Mashed Potatoes, Gravy and Medley of Vegetables	Seasoned wedges and Carrots and Sweetcorn	Oven Chips & Garden Peas
DESSERT	Waffle and Ice Cream	Chocolate and Coconut Cake	Choc Ice	Banana Muffin	Chocolate Brownie
JACKET POTATO	Fresh Baked Potato with Cheddar Cheese, Tuna or Baked Beans				
SANDWICH	Cheese, Ham, or Tuna Sandwich				

Available Daily - Cheese & Crackers / Salad selection / Whole Fresh Fruit / Yoghurts PLEASE NOTE: If your child has a dietary need or a lifestyle food preference, please contact the school office or complete the Dietary Information Form on the school website.