

WEEK 1

Oscar's

it's time for something fresh

**FUEL
4 life**

The Fuel 4 Life meal deal meets the government food based standards and nutrient based standards for Secondary Schools

what's on the MENU

MONDAY

Chilli Con Carne Pollo
Mediterranean Pizza
Rice
Crunchy Green Salad

Syrup & Cornflake Tart with Strawberry Sauce



Homemade Chicken & Vegetable Pie with Gravy
Butter Bean Pasta with Roasted Vegetables

TUESDAY

Creamed Potatoes
Sliced Carrots
Green Beans

Dutch Apple Cake with Custard



Homemade Meatballs with Tomato & Basil Sauce
Baked Potato Moussaka

WEDNESDAY

Pasta
Peas
Sweetcorn

Pear & Ginger Crumble with Vanilla Sauce



THURSDAY

Roast Beef with Yorkshire Pudding
Horseradish Sauce and Gravy
Lentil Roast

Roast Potatoes
Creamed Swede and Green Cabbage
Fruit Tart with Custard



FRIDAY

Breaded Haddock with a Wedge of Lemon
Cheese & Broccoli Quiche

Chips
Peas



Apple Spiced Muffin

Norse

WEEK 2

Oscar's
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FUEL
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what's on the MENU

MONDAY

Slow cooked Beef Dumplings
Mushroom Stroganoff with Rice

Creamed Potatoes
Green Beans

Lemon Curd Tart



TUESDAY

Chicken Tikka Baton
Macaroni Cheese

Bombay Potatoes
Mexican Bean Salad

Oaty Apple & Sultana Crumble with Custard



WEDNESDAY

Sausage & Bean Pasta Bake
Quorn & Veg Peshwari Korma served with Rice

Mixed Vegetables

Toffee Cream Tart

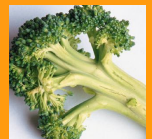


THURSDAY

Roast Pork with Apple Sauce and Gravy
Boston Bean Casserole

Roast Potatoes
Broccoli
Sweetcorn

Apple Banana Crisp and Custard



FRIDAY

Fish Pie
Sweet Chilli Vegetable Chilli

Chips
Glazed Carrots
Peas with chopped Spring Onions

Chocolate Fudge Cake with Ice Cream



Norse

WEEK 3



The Fuel 4 Life meal deal meets the government food based standards and nutrient based standards for Secondary Schools

FUEL 4 life

what's on the MENU

MONDAY

Mexican Pork Steaks
Oven Roasted Vegetables with Cous Cous
Jacket Wedges
Mixed Peas and Sweetcorn

Sticky Toffee Pudding with Custard



TUESDAY

Cottage Pie with Herby Mash and Gravy
Cheese & Spinach Pancakes

Sweet Potato Mash
Green Beans

Orange Tang Dream



WEDNESDAY

Beef Lasagne
Oven Roasted Peppers
½ portion Homemade Coleslaw
½ portion Winter Vegetable Salad

Bran Gingerbread with Vanilla Sauce



THURSDAY

Roast Chicken with Stuffing and Gravy
Gardeners Pie

Roast Potatoes
Baton Carrots
Cauliflower

Bakewell Tart with Custard



FRIDAY

Battered Cod with a Wedge of Lemon
Crunchy Vegetable Bake

Chips
Peas

Fruit Jelly with Ice Cream

