



Ovingham First and Mickley First School 3-Weekly Menu – Autumn Term

	Week 1	Week 2	Week 3
'Meat Free' Monday	Margherita Pizza V Cheese Puff Pastry Parcel V Seasoned Potato Wedges Baked Beans	Basil & Tomato Pasta V Hot Cheese Baguette V Potato Waffles Cucumber Sticks	Margherita Pizza V Homemade Cauliflower Cheese with Pasta V Seasoned Potato Wedges Baked Beans
Tuesday	Chocolate Brownie Pork Sausage Pasta Crispy Vegetable Burger & Pasta Salad V Sliced Peppers	Toffee Yoghurt Ice cream Spaghetti Bolognese & Garlic Bread Homemade Macaroni Cheese V Sweetcorn	Butterscotch or Strawberry Mousse Pork Meatballs & Pasta Homemade Mexican Bean Wrap & Sunshine Ric Carrot Sticks
'Allergen Free' Wednesday	Homemade Rice Pudding & Jam Sauce Homemade Spanish Chicken & Pasta Homemade Vegetable Curry & Rice V Carrot Sticks	Homemade Syrup Sponge Pudding and Custard Homemade Chilli Beef and Boiled Rice Homemade Vegetable Tacos & Jacket Wedges V Sliced Peppers	Homemade Chocolate Fudge Cake Chicken Korma & Rice Homemade Vegetable Risotto V Cucumber Sticks
Thursday	Orange & Mango Smoothie Homemade Mince Beef & Vegetable Cobbler & Creamed Potatoes Quorn Cottage Bake V Farmhouse Vegetables	Fruit Jelly Homemade Chicken Cobbler and Creamed Potatoes Sweet & Sour Quorn & Rice V Broccoli	Strawberry Smoothie Toad in the Hole & Creamed Potatoes Homemade Quorn Cobbler V Sliced Carrots
Friday	Banana or Chocolate Mousse Fish Cakes Cheese Panini V Oven Chips Garden Peas, Baked Beans Homemade Oat Cookie	Homemade Flapjack Fish Fingers Homemade Cheese Flan V Oven Chips Garden Peas, Baked Beans Fruit Muffin	Homemade Sticky Ginger Pudding & Custard Cod & Salmon Fishcakes Homemade Cheese Frittata V Oven Chips Garden Peas, Baked Beans Homemade Ginger Cookie



Fresh Garden Salad, Homemade Coleslaw, Bread, Fresh Fruit, or Yoghurt also available. V is Vegetarian Option

