



# Ovingham First and Mickley First School 4 Weekly Menu



	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	Tuna & Cheese Hot Baguette Margarita Pizza V Potato Wedges Sweetcorn	Sausage Roll & Potato Wedges Sweet Pepper Macaroni Cheese V Baked Beans	Beef Burger in a bun Margarita Pizza V Potato Wedges Baked Beans	Pork Meatballs & Pasta Cauliflower Cheese V Sliced Peppers
	Cherry Cookie	Flapjack	Ginger Cookie	Butterscotch Mousse
	Spaghetti Bolognaise Basil & Tomato Pasta V Carrot Sticks	Mince Pie Mexican Bean Wrap V Roast Potatoes Farmhouse Vegetables	Pork Sausage Pasta Sweet & Sour Quorn and Rice V Sliced Peppers	Salmon Fishcake Mini Cheese Pasty V Potato Wedges Farmhouse Vegetables
<b>Tuesday</b>	Orange Cake	Rice Pudding with Jam	Jelly & Cream	Fruit Muffin
	Chicken Cobbler Cheese & Spring Onion Pie V Roast Potatoes Broccoli & Cauliflower florets	Italian Chicken & Pasta Vegetable Lasagne V Cucumber Sticks	Chicken Burger & Potato Wedges Quorn Risotto V Cucumber Sticks	Chilli Con Carne & Rice Vegetarian Meatballs & Pasta V Carrot Sticks
<b>Wednesday</b>	Chocolate Mousse	Raspberry Ripple Ice Cream & Shortbread Biscuit	Syrup Sponge & Custard	Cheesecake
	Pork Sausage & Yorkshire Pudding Quorn Cottage Bake V Creamed Potato Sliced Carrots	Bacon & Cheese Parcel & Potato Wedges Vegetarian Meatballs & Pasta V Carrot Sticks	Spaghetti Bolognaise Vegetable Quiche V Sweetcorn	Chicken Pie Vegetable Bake V Roast Potatoes Green Beans
<b>Thursday</b>	Sticky Ginger Pudding & Custard	Lemon Sponge & Custard	Chocolate Brownie	Chocolate Sponge & Chocolate Sauce
	Fish Portion Cheese Flan V Oven Chips Garden Peas Baked Beans	Cod Fishcakes Cheese Frittata V Oven Chips Garden Peas Baked Beans	Fish Portion Cheese Parcel V Oven Chips Garden Peas Baked Beans	Fish Fingers Cheese Panini V Oven Chips Garden Peas Baked Beans
<b>Friday</b>	Ice Cream Tub & Shortbread	Chocolate Muffin	Orange & Raisin Cookie	Ice Cream Tub & Shortbread



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