Oak Tree Weekly Menu Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Selection of Breads, Croissants, Pancakes and Condiments, Porridge, Cereals, Fruits 2,7				
Lunch				
Chicken Parmigiana with roast potatoes and green beans Strawberry Eton Mess 7,4	Salmon Fishcakes with Carrots and corn Fruit/Yoghurt 5,7	Great Goulash with new potatoes Raspberry Jelly 2	Seasonal Vegetable Bake Fruit/ Yoghurt 2,7	Lamb Mince Curry & Rice Chocolate Delight 7
Tea				
Stuffed Pitta Pockets Fruit/Yoghurt **7,2**	Mixed Vegetable Risotto with Homemade Sauce White Chocolate & Blueberry Muffins **4,7,2**	Mini cheese and tomato tartlets Fruit/Yoghurt **7,4**	Jumping Jacket Potatoes Fruity Flan 7	

Please note: There will always be a vegetarian alternative and water is provided all day.

The recipe contains the following 1.Celery 2.Cereals 3.Crustacea 4.Eggs 5.Fish 6.Lupin 7.Milk 8. Molluscs 9. Mustard 10.Nuts 11.Peanuts 12.Sesame 13.Soya 14.Sulphur

Oak Tree Weekly Menu Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Selection of Breads, Croissants, Pancakes with Condiments, Porridge, Cereal, Fruits 2,7				
Lunch				
Mediterranean Vegetable Bake Fruit/Yoghurt 2,7	Chinese Style Chicken Stir Fry Rhubarb & Pear Crumble 7,4	Lasagne & Garlic Bread Fruit/Yoghurt 2,7	Fish Fingers, Potato Wedges, Spaghetti Hoops Ice-cream 5,7	Thai Beef Curry with Naan Fruit/Yoghurt 2,7
Tea				
Cheese,ham,Crackers, Hummus & Olives Carrot Cake 7,4	Hot Dogs Fruit/Yoghurt 7,2	Beans on Toast Bananas & Custard 7	Vegetable Tortellini Fruit/Yoghurt 2,7	

Please note: There will always be a vegetarian alternative and water is provided all day.

The recipe contains the following 1.Celery 2.Cereals 3.Crustacea 4.Eggs 5.Fish 6.Lupin 7.Milk 8. Molluscs 9.Mustard 10.Nuts 11.Peanuts 12.Sesame 13.Soya 14.Sulphur

Oak Tree Weekly Menu Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Selection of Breads, Croissants, Pancakes with Condiments, Porridge, Cereals and Fruits 2,7				
Lunch				
Butternut Squash Risotto Apple Crumble ***7,2***	Sausages, Mash, Peas & Corn in an onion gravy Fruit/Yoghurt **7**	Cod with Rosemary Potatoes in a White Chive Sauce Chefs special 5,7	Roast Chicken, Potatoes & Seasonal Vegetables Fruit/Yoghurt 7,2	Moroccan Lamb with Couscous Fruit Trifle **2,7**
Tea				
Macaroni Cheese Fruit/Yoghurt 7,2	Ham with Tomato & Cucumber Salsa Pineapple Cake 7,4	Vegetable Pizzas Fruit/Yoghurt 7,2	Soup of the Day French Crepes 2,7	

Please note: There will always be a vegetarian alternative and water is provided all day.

The recipe contains the following 1.Celery 2.Cereals 3.Crustacea 4.Eggs 5.Fish 6.Lupin 7.Milk 8. Molluscs 9.Mustard 10.Nuts 11.Peanuts 12.Sesame 13.Soya 14.Sulphur