

Oak Tree Weekly Menu Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Selection of wholemeal breads, cereals, croissants and a selection of jams, marmalade and marmite. 2,7				
Lunch				
Broccoli and cheese Tagiateli Yoghurt 2, 7, 13	Tuna fishcakes with Carrots and Sweetcorn Selection of Fruits 13, 2	Beef Stew Mix Fruit Crumble 5,7,2	Cheese Parmigiana with new potatoes and green beans Cake & Custard 7,2, 13, 4	Vegetable Pizza Yogurts 2, 7
Tea				
Mini Mezze with Crackers Banana Pancakes with Maple Syrup 2, 7	Macaroni & Cheese Yoghurt 7,2	Carrot & Tomato Soup with Wholemeal Bread Roll Yoghurts 13,2	Mini cheese and tomato tartlets Selection of Fruits 13,2	

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 wholemeal breads, cereals, croissants and a selection of jams, marmalade and marmite. 2,7				
Lunch				
Fish Fingers, Mash Potatoes and Peas Selection of Fruits 2, 13	Chicken Stir Fry Noodles Mix Fruit Crumble 5,7	Spaghetti Bolognese with Garlic Bread Yogurt 2, 7, 13	Vegetable Pasta with homemade sauce Banana Custard 7,2	Chicken Curry & Rice Selection of Fruits 13, 7, 2
Tea				
Beans on toast Yogurt 2, 7	Vegetable Tortellini Blueberry Muffins 7, 2, 4,	Sandwiches Fruits 2, 7	Potato & Leak Soup Yoghurt 2, 7	

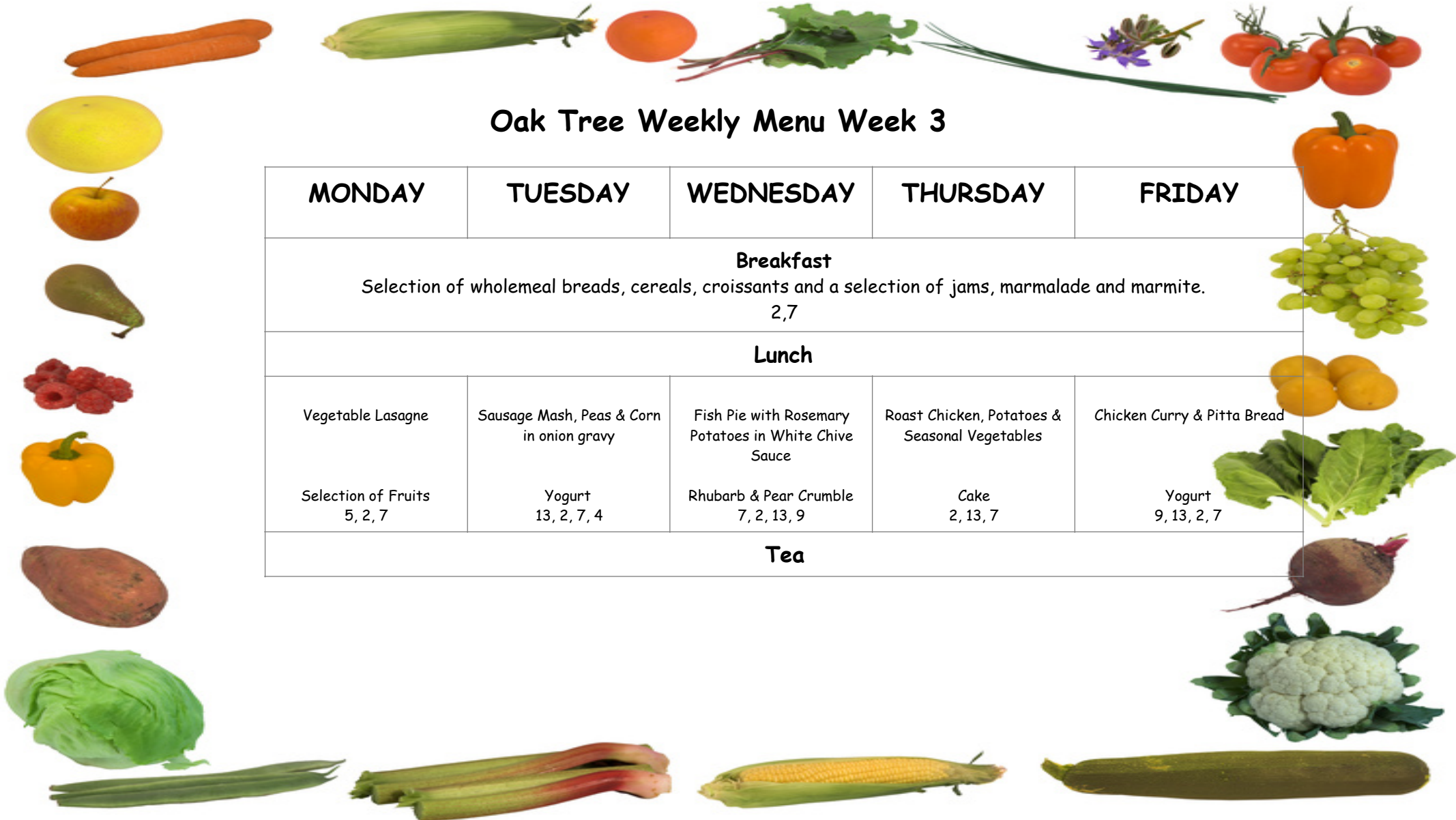
Please note: There will always be a vegetarian alternative and water is provided all day

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 wholemeal breads, cereals, croissants and a selection of jams, marmalade and marmite. 2,7				
Lunch				
Vegetable Lasagne	Sausage Mash, Peas & Corn in onion gravy	Fish Pie with Rosemary Potatoes in White Chive Sauce	Roast Chicken, Potatoes & Seasonal Vegetables	Chicken Curry & Pitta Bread
Selection of Fruits 5, 2, 7	Yogurt 13, 2, 7, 4	Rhubarb & Pear Crumble 7, 2, 13, 9	Cake 2, 13, 7	Yogurt 9, 13, 2, 7
Tea				



Jumping Jacket Potatoes with Tuna/Cheese or Beans Yogurt 2, 7	Carrot Pumpkin Soup Selection of Fruits	Vegetable Pasta Selection of Fruits 4	Selection of Sandwiches Fruits 2, 7	
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8. Molluscs 9.Mustard 10.Nuts 11.Peanuts 12.Sesame 13.Soya 14.Sulphur**