

**NAS ROBERT OGDEN SCHOOL
WINTER MENU**

BLUE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OF THE DAY	BBQ Chicken	Roast Beef Yorkshire Pudding	Chicken Curry	Lasagne Garlic Bread	Fishcake
	New Potatoes	Mashed Potatoes	Brown Rice	Potato Wedges	Chipped Potatoes
ALL MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES. Selection of Breads, Mixed Salads, Vegetable Sticks, Tomato Pots, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Stuffed Peppers	Vegetable Moussaka	Vegi Nuggets Smillie Faces	French Bread Vegetable Pizza	Tofu Stir-Fry
JACKET POTATO CHOICE	Cheese Or Beans	Cheese Or Coleslaw	Cheese Or Tuna	Cheese Or Tuna	Cheese Or Beans
PASTA BAR	Cheesy Sauce Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheesy Sauce Or Mediterranean Pasta	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Tuna and Sweetcorn Or Cheese and Chive	Sweet Chilli Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread or Roasted Red Pepper and Hummus	Texan Wrap Or Philadelphia Cheese	Tuna and Cheese Flatbread Or Cheese and Cucumber
SANDWICH White or Brown Bread White or Brown Baguette	Turkey or Soft Cheese with lettuce	Tuna Or Egg Mayonnaise	Roast Beef Or Soft Cheese and Cucumber	Ham Or Egg Mayonnaise	Jam Or Cheese
DESSERT	Pancake, Sliced Banana and Honey Fresh Fruit Pot Fresh Fruit or Yoghurt	Apple and Raisin Sponge, Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Cherry Shortbread Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

**NAS ROBERT OGDEN SCHOOL
WINTER MENU**

RED WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OF THE DAY	Chicken Pizza	Roast Turkey Stuffing	Beef Bourguignon	Chicken Nuggets	Fish Goujons
	Potato Wedges	Mashed Potatoes	Brown Rice	Smillie Faces	Chipped Potatoes
ALL MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Tomato Pots, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Tofu and Spinach Cannelloni, Mixed Salad or Vegetables	Cheese and Broccoli Bake	Feta Cheese and Spinach Flan	Soya Bean Burger	Vegetable Fajitas
JACKET POTATO CHOICE	Beans Or Cheese	Tuna Or Cheese	Coleslaw Or Cheese	Beans Or Cheese	Beans Or Cheese
PASTA BAR	Cheesy Sauce Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Mediterranean Pasta	Tuna and Mayonnaise or Cheesy Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Chicken Tikka Or Cheese and Chive	Chicken Tikka Or Philadelphia Cheese	Ham & Cheese Flatbread or Soft Cheese and Cucumber	Southern Fried Chicken Or Grated Cheese	Hummus and Red Pepper Or Philadelphia Cheese
SANDWICH White or Brown Bread White or Brown Baguette	Tuna, Cheese Or Cheese & Pickle	Spam Or Egg Mayonnaise	Turkey, Mackerel in Tomato Sauce Or Cheese	Corned Beef or Egg Mayonnaise	Cheese Or Jam
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Crumble Custard Fresh Fruit Pot Fresh Fruit Or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt	Mandarin and Grape Muffin Fresh Fruit Pot Fresh Fruit Or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

**NAS ROBERT OGDEN SCHOOL
WINTER MENU**

YELLOW WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OF THE DAY	Gammon Chop	Roast Chicken	Beef Burger in a Bun Hamburger Relish	Meatballs with Tomato Pasta Garlic Bread	Fish Fingers
	Diced Potato	New Potatoes	Potato Wedges	New Potatoes	Chipped Potatoes
All MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Tomato Pots. Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Cauliflower Cheese	Quorn Hot Dog	Vegetable Quiche Mixed Salad	Vegan Roll	Halloumi Burger
JACKET POTATO CHOICE	Beans Or Cheese	Coleslaw Or Cottage Cheese	Tuna Or Grated Cheese	Tuna Or Cheese	Beans Or Cheese
PASTA BAR	Cheesy Sauce Or Cheese	Tomato and Basil Or Cheese	Mediterranean Pasta Or Cheese	Tomato and Basil Or Cheese	Spicy Tomato Sauce Or Cheese
WRAP	Chicken Tikka Or Cheese and Cucumber	Chicken Tikka Or Hummus & Salad in a Pitta Bread	Sweet Chilli Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread Or Mozzarella & Roasted Red Pepper	Creamy Spinach and Feta Wrap Or Cheese and Chive
SANDWICH White or Brown Bread White or Brown Baguette	Salmon Or Cheese	Tuna Or Egg Mayonnaise	Chicken Or Jam	BLT Or Cheese	Jam Or Egg Mayonnaise
DESSERT	Cheese and Biscuits Fresh Fruit Pot Fresh Fruit or Yoghurt	Apple Pie, Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Chocolate Square Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt