



## School Meal Menus

The following describes our normal day to day food offer and menus. Please note that we vary this from time to time depending on different offers from our suppliers, theme days or availability of products. We offer **gluten-free menus** but ask that your child pre-orders this each day with the canteen team. We operate a nut-free policy but we are not always able to guarantee that nuts are not brought into the school by other children. If you have any dietary requirements for your child please speak to Mrs Denyer or email her on [sdenyer@oathall.org](mailto:sdenyer@oathall.org) we will do our best to accommodate any requests.

### Morning and lunch breaks

Each day we serve a selection of chilled sandwiches, rolls, baguettes, bagels and wraps with a selection of fillings and at different price points. We offer snack pots with tortilla crisps, dips and fresh vegetables. We also sell a variety of fresh and dried fruit as well as yoghurts and jellies. We also sell a selection of home-made cakes, scones and cookies. We operate a policy where we do not sell more than one cake per child.

As well as meals and snacks we sell a selection of different cold drinks which comply with the School Food Standards. Students on free school meals are allowed a free 250ml bottle of milk each day as well as their meal allowance. Tap water is always available free at breaktimes.

### Morning break

Each day at morning break we sell an assortment of hot snacks. These vary from day to day but include paninis, wraps, bagels, toasties and garlic bread. There is always a meat and vegetarian option on offer.

### At lunchtime

We serve pasta with a meat and vegetarian sauce option each day Monday to Thursday. Fridays are '**Fish and Chips Fridays**' and because of the popularity of this menu, we don't have the capacity to sell pasta or hot desserts.

Each day we serve a hot meal at lunch with meat and vegetarian options. The cost is **£2** and includes vegetables. Our Meal Deal costs **£2.40** and this includes the hot meal and the dessert. Dessert is **75p** if purchased separately.



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| <b>Week one</b>             | <b>Monday</b>                          | <b>Tuesday</b>                                     | <b>Wednesday</b>                               | <b>Thursday</b>   | <b>Friday</b>                                   |
|-----------------------------|--|--|--|---|---|
| Meat/Fish                   | Chicken with bacon, cheese & leeks.    | Beef enchiladas                                    | Roast pork                                     | Chicken tikka masala<br>With rice                       | Battered fish filet or<br>cheese & tomato pizza |
| Vegetarian                  | Cheese and tomato<br>pizza             | Quorn nuggets and<br>salad                         | Macaroni cheese                                | Quorn balls in passata<br>sauce with wholemeal<br>pasta | Spicy bean burger                               |
| Vegetable<br>accompaniment. | Sweetcorn, carrots and<br>new potatoes | Green beans, cauliflower<br>cheese, diced potatoes | Carrots and broccoli<br>Roast potatoes         | Mixed vegetables  | Peas and sweetcorn<br>Chips                     |
| Hot dessert                 | Fruit crumble and<br>custard           | Chocolate sponge and<br>chocolate sauce            | Ginger cake and vanilla<br>sauce               | Pancake with fruit<br>compote and ice cream             | No hot dessert                                  |
| Chilled dessert             | Toffee swirl cheesecake                | Raspberry Eton mess                                | Strawberry swirl<br>cheesecake                 | Chocolate or strawberry<br>delight                      | Frozen yoghurt (various<br>flavours)            |
| <b>Week two</b>             | <b>Monday</b>                          | <b>Tuesday</b>                                     | <b>Wednesday</b>                               | <b>Thursday</b>   | <b>Friday</b>                                   |
| Meat/Fish                   | Chicken korma and rice                 | Chicken fajitas                                    | Roast turkey                                   | Chinese pork &<br>vegetable stir fry with<br>noodles    | Battered fish or<br>sausages                    |
| Vegetarian                  | Cheese & tomato pizza                  | Quorn nuggets with<br>salad                        | Macaroni cheese                                | Baked cauliflower korma<br>with rice                    | Spicy bean burger                               |
| Vegetable<br>accompaniment  | Broccoli and sweetcorn                 | Mixed vegetables Potato<br>wedges                  | Cauliflower, green beans<br>and roast potatoes | Carrots and sweetcorn                                   | Peas and baked beans                            |
| Hot dessert                 | Peach crunch & custard                 | Warm cookie  | Chocolate pudding and<br>chocolate sauce       | Pineapple upsidedown<br>cake and custard                | No hot dessert                                  |
| Chilled dessert             | Toffee swirl cheesecake                | Raspberry Eton mess                                | Strawberry swirl<br>cheesecake                 | Chocolate or strawberry<br>delight                      | Frozen yoghurt                                  |



### School Meal Menus

| Week three              | Monday                                | Tuesday  | Wednesday                   | Thursday                        | Friday                                       |
|-------------------------|---------------------------------------|--|-----------------------------|---------------------------------|--|
| Meat/Fish               | Lasagne with garlic bread             | Cumberland sausages with onion gravy & mashed potatoes | Roast gammon                | Beef bolognese with spaghetti   | Battered Fish or Chicken and sweetcorn pizza |
| Vegetarian              | Cheese & tomato pizza                 | Quorn nuggets with salad and diced potatoes            | Macaroni cheese             | Quorn tikka curry with rice     | Vegetarian enchiladas                        |
| Vegetable accompaniment | Carrots and peas                      | Mixed vegetables                                       | Carrots and broccoli        | Green beans and sweetcorn       | Peas and baked beans                         |
| Hot dessert             | Chocolate pudding and chocolate sauce | Lemon sponge and custard                               | Warm flapjack and ice cream | Apple crumble and custard       | No hot dessert                               |
| Chilled dessert         | Toffee swirl cheesecake               | Raspberry Eton mess                                    | Strawberry swirl cheesecake | Chocolate or strawberry delight | Frozen Yoghurt                               |