

# Oasis Academy Brightstowe

## Lunch Menu

June 2018 – October 2018

Week 3

### Monday

- **Meat:** Chicken Curry Served with Rice & Naan Bread
- **Vegetarian:** Cauliflower & Broccoli Cheese Bake Served with Sweet Potato Fries
  - **Jacket Potato: BBQ Beans & Cheese**
- **Dessert:** Chocolate Shortbread or Whole Fruit Piece

### Tuesday

- **Meat:** Pork Sausages Served with Mashed Potatoes, Peas & Gravy
- **Vegetarian:** Spanish Style Quorn Rice Served with Mixed Salad
  - **Jacket Potato: Beef Chilli**
- **Dessert:** Jam & Coconut Sponge & Custard or Whole Fruit Piece

### Wednesday

- **Meat:** Roast Chicken & Stuffing Served with New potatoes Carrots & Gravy
- **Vegetarian:** Vegetable Samosa, Spinach & Turmeric Rice served with Yoghurt & Mint Dip
  - **Jacket Potato: Tuna Cucumber & Mayo**
- **Dessert:** Iced Sponge & Custard or Whole Fruit Piece

### Thursday

- **Meat:** Beef Lasagne Served with Garlic Bread & Mixed Salad
- **Vegetarian:** Loaded Vegetable Burritos Served with Potato Wedges & Sour Cream
  - **Jacket Potato Cheese & Coleslaw**
- **Dessert:** Chocolate Cookies or Whole Fruit Piece

### Friday

- **Fish:** MSC Battered Fish Served with Chips & Baked Beans
- **Vegetarian:** Vegetable Quiche Served with Chips & Mixed Salad
  - **Jacket Potato: Chicken Sweetcorn & Mayo**
- **Dessert:** Summer Fruits Eton Mess

**Daily extras:** A Selection of Sandwiches, Paninis & Salads and Fresh Fruit are Available

All the above Main Courses are served with Potatoes and Seasonal Vegetables/Salad of the Day

Week commencing:

18.06 09.07 17.09 08.10