



ASH & OAK MENU

LUNCH
MENU
WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chilli Con Carne Chicken in Mustard & White Wine Sauce Soya Mince Shepherd's Pie Boiled Rice Mashed Potato Baked Beans Baby Carrots	Salmon in Dill & Mustard Sauce Chicken & Mushroom Pie Vegetable Moussaka Mashed Potato Parmentier Potatoes Baked Beans Vegetable Medley	Cheese, Onion & Potato Pie Minced Beef Vegetarian Burger Mashed Potato Jacket Wedges Baked Beans Garden Peas	Sausage Hot Pot Chicken Casserole Soya Mince Chilli Boiled Rice Steamed Skin on Potatoes Baked Beans Mixed Vegetables	Battered Fish Quiche Lorraine Vegetable Curry Mashed Potato Chips Baked Beans Garden Peas	Creamy Chicken Casserole Braised Liver with Onions Vegetable Lasagne Mashed Potato Parmentier Potatoes Baked Beans Mixed Vegetables	Roast Chicken Shepherd's Casserole Macaroni Cheese Mashed Potato Roast Potato Baby Carrots Garden Peas
Yoghurt Rice Pudding Custard Fruit in Juice Ice Cream Banana Flavour Dessert	Yoghurt Rhubarb & Apple Crumble Custard Fruit in Juice Ice Cream Chocolate Cake	Yoghurt Sticky Toffee Pudding with Butterscotch Sauce Custard Fruit in Juice Ice Cream Raspberry Jelly	Yoghurt Bread & Butter Pudding Custard Fruit in Juice Ice Cream Strawberry Flavour Dessert	Yoghurt Fruits of the Forest Sponge Custard Fruit in Juice Ice Cream Chocolate Cake	Yoghurt Apple & Blackberry Pie Custard Fruit in Juice Ice Cream Vanilla Cheesecake	Yoghurt Plum & Apple Crumble Custard Fruit in Juice Ice Cream Trifle



ASH & OAK MENU

SUPPER
MENU
WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chicken Korma Omelette - Cheese	Beef Lasagne Bean & Vegetable Hot Pot	Shepherd's Pie Vegetable & Lentil Stew with Dumplings	Cottage Pie Cheese & Tomato Flan	Sausages in Barbecue Sauce Vegetable & Bean Chilli	Beef & Onion Pie Broccoli & Cheese Sauce	Bacon, Leek & Mushroom Pasta Bake Potatoes & Soya in Peri Peri Sauce
Boiled Rice Parmentier Potatoes Baked Beans Garden Peas	Mashed Potato Steamed Skin on Potatoes Carrots Vegetable Medley	Mashed Potato Parmentier Potatoes Baked Beans Sweetcorn	Chips Steamed Skin on Potatoes Baked Beans Broccoli	Boiled Rice Mashed Potato Baked Beans Mixed Vegetables	Mashed Potato Steamed Skin on Potatoes Carrots Sweetcorn	Mashed Potato Parmentier Potatoes Baked Beans Cauliflower
Yoghurt Jam Sponge Custard Raspberry Jelly Fruit in Juice Ice Cream	Yoghurt Ginger Chocolate Chip Sponge Custard Cherry Cheesecake Fruit in Juice Ice Cream	Yoghurt Apple & Blackberry Crumble Custard Butterscotch Flavour Dessert Fruit in Juice Ice Cream	Yoghurt Rice Pudding Custard Chocolate Cake Fruit in Juice Ice Cream	Yoghurt Apple Crumble Custard Vanilla Cheesecake Fruit in Juice Ice Cream	Yoghurt Chocolate & Pear Crumble Custard Carrot Cake Fruit in Juice Ice Cream	Yoghurt Rice Pudding Custard Butterscotch Flavour Dessert Fruit in Juice Ice Cream