

Oriel High School - Week 1

Week commencing: 31/08/20, 21/09/20, 12/10/20, 09/11/20, 30/11/20

Monday

Meat: Chicken Tikka Masala (M)

Vegetarian: Sweet Potato Chick Pea Korma (M)

Served with: Steamed Rice, Naan (G,M) & Garden Peas

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Dessert: Ice cream Roll with
Butterscotch Sauce (G, M, E, S)

Tuesday

Meat: Toad in the Hole & Gravy (G, M, E)

Vegetarian: Roasted Quorn Fillet with Yorkshire
& Gravy (G,E)

Served with: New Potatoes, Broccoli & Sweet corn

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Dessert: Lemon Drizzle Cake & Custard (G, M, E, S)

Wednesday

Meat: Beef Lasagne & Garlic Slice (G, M, Mu)

Vegetarian: Vegetable Lasagne & Garlic Slice (G, M, Mu) ✓

Served with: Carrots & Peas

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Dessert: Jelly with Fruit Cocktail

Thursday

Meat: Roast Chicken & Gravy

Vegetarian: Cauliflower Cheese (G,M, Mu)

Served with: Roast Potatoes & Farmhouse Vegetables

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Dessert: Somerset Apple Cake & Cream (G, M, E, S)

Friday

Meat: Battered Fish with Lemon (F, G, Mu)

Vegetarian: Vegetable Nuggets (G) ✓

Served with: Chips & Baked Beans or Garden Peas

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Dessert: Chocolate Mousse (M)

Vegan ✓



Steamed Salmon Fillet (F) is available every Friday to pre-order at Break time

Allergen Key: Gluten (G), Celery (C), Milk (M), Eggs (E), Soya (S), Fish (F), Peanuts (P), Nuts (N), Sesame seeds (Ss), Mustard (Mu), Crustacea (Cr), Molluscs (Mo), Sulphur dioxide (Sd), Lupin (L). Where no letters follow the menu item it contains **none** of the 14 main allergens

