

Oriel High School - Week 2

Week commencing: 07/09/20, 28/09/20, 19/10/20, 16/11/20, 07/12/20

Monday

Meat: Baked Sausages with Onion Gravy (G, S, Sd)

Vegetarian: Quorn Sausage with Onion Gravy (E)

Served with: Mashed Potatoes & Vegetable Selection

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Dessert: Creamed Rice Pudding & Jam Sauce (M)

Tuesday

Meat: Beef Pasta Bolognese (G, M, C)

Vegetarian: Vegetable Pasta Bolognese (G, M, C)

Served with: Crusty Bread (G), Carrots & Green Beans

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Dessert: Golden Syrup Flapjack (G)

Wednesday

Meat: Cheese Topped Chicken, Ham & Tomato Pasta Bake (G,M)

Vegetarian: Cheese Topped Vegetable & Tomato Pasta Bake (G,M)

Served with: Garlic Bread & Farmhouse Vegetables

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Dessert: American Pancakes & Chocolate Sauce (G,M,E)

Thursday

Meat: Roast Pork & Gravy

Vegetarian: Vegetarian & Cheese Pattie (G,M)

Served with: Roast Potatoes, Broccoli & Cauliflower

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Dessert: Fruit Bread (G,E,S)

Friday

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

Vegetarian: Vegetable Sausage (G) ✓

Served with: Chips & Garden Peas

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Dessert: Fruit Filled Jelly & Cream (M,S)



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

Vegan ✓

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

