

Oriel High School - Week 3

Week commencing: 14/09/20, 05/10/20, 02/11/20, 23/11/20, 14/12/20

Monday

Meat: Beef & Vegetable Pie (G,C,S)

Vegetarian: Creamy Country Vegetable Pie (G, M, C)

Served with: Jacket Potato Wedges, Broccoli & Sweet corn. Gravy

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Dessert: Fruit Salad & Cream (M)

Tuesday

Meat: Baked Gammon & Gravy (G)

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

Served with: Parsley Potatoes & Farmhouse Vegetables

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Dessert: Spiced Apple Turnover (G)

Wednesday

Meat: Pork Meatballs in Tomato Sauce with Rice (C, Su)

Vegetarian: Linda McCartney Meatball in Tomato Sauce with Rice (G) 

Served with: Garden Peas & Sweetcorn

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Dessert: Pear & Chocolate Cake with Custard (G,E,M,S)

Thursday

Meat: Roast Beef & Gravy

Vegetarian: Vegetable Sausage with Gravy 

Served with: Roast Potatoes, Broccoli & Cauliflower

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Dessert: Ice cream Roll & Strawberry Sauce

Friday

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

Vegetarian: Vegetable Burger (G, M, Mu)

Served with: Chips & Garden Peas or Baked Beans

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Dessert: Raspberry Mousse (M)



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

