

# Shire Oak School Menu 2009-10 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meals</b> 90p each	Chicken curry	Chinese chicken	Braised beef Bourguignon	Spaghetti Bolognese	Lasagne
	Sausage & onion gravy	Lamb & veg stew	Turkey and ham pie	Stuffed pepper	Breaded pollock
	Shepherds pie	Chilli con carne	Barbecue chicken	Roasted turkey and stuffing	Beef & veg in Yorkshire pudding
	Chicken satay	Turkey in cajun sauce	Breaded salmon fillet	Southern fried chicken	Pork meatballs in a tomato sauce
<b>Carbs 35p</b>	New potatoes	New potatoes	Chips 60p	New potatoes	Chips 60p
	Rice	Noodles/ rice	Rice/noodles	Steamed rice	Mashed potatoes
<b>Vegetables 25p</b>	Cauliflower/spinach	Courgettes/ peas & carrots	Mixed vegetables/ spinach	Salad	Salad/courgettes
<b>Hot Baguettes</b> £1.30 each	Sausage in onion gravy	Roast beef	Cajun chicken	Turkey & stuffing	Roast beef
<b>Dessert 50p</b>	Pear & honey sponge	Eve's pudding	Fruit crumble	Treacle sponge	Apple pie

**Vegetarian choice will be available each day**

# Shire Oak School Menu 2009-10 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meals</b> 90p each	Barbecue chicken	Turkey with pesto & tomato sauce	Braised beef in tomato & garlic	Salmon & tuna pasta bake	Beefburger on bap
	Vegetarian pasta	Sweet 'n' sour chicken	Lasagne	Honey roast ham	Beef & spinach curry
	Cottage pie	Beef & vegetable pie	Chicken rogan josh	Lamb & veg hotpot	Chicken pie
	Southern fried chicken	Beef Stroganoff	Chicken burger	Breaded chicken fillet	Breaded pollock
<b>Carbs 35p</b>	New potatoes	New potatoes	Chips 60p	Savoury rice	Chips 60p
	Steamed rice	Steamed rice/noodles	Noodles/rice	New potatoes	New potatoes/rice
<b>Vegetables 25p</b>	Mixed veg/ salad	Courgettes/ cauliflower	Mixed salad/spinach	Spinach/ carrots& peas	Carrots/ peas
<b>Hot Baguettes</b> £1.30 each	Bacon, cheese & tomato	Beef in shallot gravy	Turkey with coronation dressing	Garlic chicken	Turkey with BBQ sauce
<b>Dessert 50p</b>	Jam sponge	Apple pie	Treacle sponge	Fruit crumble	Eve's pudding

**Vegetarian choice will be available each day**