

**THE NAS ROBERT OGDEN SCHOOL  
WINTER MENU**

<b>BLUE WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
MEAL OF THE DAY	Chicken and Mushroom Pie	Roast Beef Yorkshire Pudding	Gammon Chop Pineapple	Chilli-con-Carne	Fish Fingers
	New Potatoes	Mashed Potatoes	New Potatoes	Brown Rice	Chipped Potatoes
<b>MAIN COURSES SERVED WITH AN ACCOMPANIMENT OF SEASONAL VEGETABLES.</b> Selection of Breads, Mixed Salads, and Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Tofu and Spinach Cannelloni	Sweet Chilli Noodles	Cheese and Broccoli Bake	Vegetable Pizza Garlic Bread	Spanish Omelette
JACKET POTATO CHOICE	Cheese Or Tuna	Cheese Or Coleslaw	Cheese Or Tuna	Cheese Or Tuna	Cheese Or Beans
PASTA BAR	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Chicken Tikka Or Philadelphia Cheese	Southern Fried Chicken Or Cheese	Ham & Cheese Flat Bread Or Philadelphia Cheese	Southern Fried Chicken Or Cheese & Chive	Chicken Tikka Or Philadelphia Cheese
SANDWICH Brown and White	Salmon Or Cheese	Tuna and Sweetcorn Or Egg Mayonnaise	Roast Beef Or Cheese	Turkey Or Savoury Cheese	Ham Or Cheese
DESSERT	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Sponge Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Banana Loaf Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

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<b>RED WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
MEAL OF THE DAY	American Bean Pie (potato top)	Roast Chicken Stuffing	Meat and Potato Pie	Stew Herb Dumplings	Fish Goujons
		Mashed Potatoes	Croquette Potatoes	New Potatoes	Chipped Potatoes
<b>MAIN COURSES WITH AN ACCOMPANIMENT OF SEASONAL VEGETABLES</b> Selection of Breads, Mixed Salads, and Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Chickpea Curry	Quorn Shepherd's Pie (potato top)	Cauliflower Cheese	Quorn Sausages Onion Gravy	Vegetable Ravioli
JACKET POTATO CHOICE	Tuna Or Cheese	Beans Or Cheese	Tuna Or Cheese	Tuna Or Cheese	Beans Or Cheese
PASTA BAR	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce	Cheese Or Tomato Basil Sauce	Cheese Or Spicy Tomato Sauce
WRAP	Chicken Tikka Or Philadelphia Cheese	Southern Fried Chicken Or Cheese	Ham & Cheese Flat Bread Or Philadelphia Cheese	Southern Fried Chicken Or Cheese	Chicken Tikka Or Philadelphia Cheese
SANDWICH Brown and White	Tuna Or Cheese	Salmon Or Egg Mayonnaise	Chicken Or Cheese	Ham Or Egg Mayonnaise	Bacon, Lettuce and Tomato Or Cheese
DESSERT	Fresh Fruit Pot Fresh Fruit Or Yoghurt	Rhubarb Crumble Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Shortbread Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

**THE NAS ROBERT OGDEN SCHOOL  
WINTER MENU**

<b>YELLOW WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
MEAL OF THE DAY	Chicken Curry Nann Bread	Roast Pork Yorkshire Pudding	Lasagne	BBQ Chicken	Breaded Fish Mushy Peas
	Brown Rice	Mashed Potatoes	Garlic Bread	Smillie Faces	Chipped Potatoes
<b>MAIN COURSES WITH AN ACCOMPANIMENT OF SEASONAL VEGETABLES</b> Selection of Breads, Mixed Salads, and Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Cheese and Onion Flan, Beans	Vegetable Fajitas	Vegetarian Sausage Casserole	Vegetarian Pizza	Ratatouille
JACKET POTATO CHOICE	Spicy Tomato Sauce Or Cheese	Tuna Or Coleslaw	Tuna Or Cheese	Beans Or Cheese	Spicy Tomato Sauce Or Cheese
PASTA BAR	Spicy Tomato Sauce Or Cheese	Tomato and Basil Or Cheese	Spicy Tomato Sauce Or Cheese	Tomato and Basil Or Cheese	Spicy Tomato Sauce Or Cheese
WRAP	Chicken Tikka Or Philadelphia Cheese	Southern Fried Chicken Or Cheese	Ham & Cheese Flat Bread Or Philadelphia Cheese	Southern Fried Chicken Or Cheese	Chicken Tikka Or Philadelphia Cheese
SANDWICH Brown and White	Salmon Or Cheese	Turkey Or Egg Mayonnaise	Pork Or Cheese	Tuna Or Cheese	Ham Or Egg Mayonnaise
DESSERT	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Pie, Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Cherry Scone Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt