

**NAS ROBERT OGDEN SCHOOL  
SUMMER MENU**

<b>BLUE WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
MEAL OF THE DAY	Gammon Chop	Roast Beef Yorkshire Pudding	Chicken Korma	Lasagne	Fishcake
	New Potatoes	Mashed Potatoes	Brown Rice	Garlic Bread	Chipped Potatoes
ALL MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES. Selection of Breads, Mixed Salads, Vegetable Sticks, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Cauliflower Cheese	Tofu & Spinach Cannelloni	Quorn and Vegetable Casserole	French Bread Margarita Pizza	Vegetable Moussaka
JACKET POTATO CHOICE	Cheese Or Tuna	Cheese Or Beans	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 Cheese and Chive	Chicken Tikka Or Philadelphia Cheese	Ham and Cheese Flat Bread Or Grated Cheese	Southern Fried Chicken Or Philadelphia Cheese	Chicken Tikka Or Cheese and Cucumber
SANDWICH Brown and White Bread	Turkey Or Cheese	Tuna Or Egg Mayonnaise	Roast Beef Or Cheese	Salmon Or Savoury Cheese	Ham Or Cheese
DESSERT	Fresh Fruit Pot Fresh Fruit or Yoghurt	Pineapple Upside Down Sponge, Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Biscuit Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

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SUMMER MENU**

RED WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OF THE DAY	BBQ Chicken	Roast Turkey Stuffing	Spicy Mince with Pitta Bread	Chicken Burger in a Bun	Fish Goujons
	New Potatoes	Mashed Potatoes	Brown Rice	Potato Wedges	Chipped Potatoes
ALL MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Quorn Sausage Yorkshire Pudding Gravy	Oven Baked Soya Bean Burger	Cheese and Tomato Flan Potato Salad	Cheese and Broccoli Bake	Tofu Stir Fry
JACKET POTATO CHOICE	Beans Or Cheese	Tuna Or Cheese	Tuna Or Cheese	Beans Or Cheese	Coleslaw 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 Cheese and Chive	Chicken Tikka Or Cheese and Cucumber	Southern Fried Chicken Or Philadelphia Cheese	Ham and Cheese Flatbread Or Grated Cheese	Chicken Tikka Or Philadelphia Cheese
SANDWICH Brown and White Bread	Tuna Or Cheese	Ham Or Egg Mayonnaise	Turkey Or Cheese	Salmon Or Egg Mayonnaise	Bacon, Lettuce and Tomato Or Savoury Cheese
DESSERT	Fresh Fruit Pot Fresh Fruit or Yoghurt	Peach Crumble Custard Fresh Fruit Pot Fresh Fruit Or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Jelly Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt

**NAS ROBERT OGDEN SCHOOL  
SUMMER MENU**

<b>YELLOW WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
MEAL OF THE DAY	Pepperoni Pizza	Roast Chicken	Minced Beef and Onion Pie	Spaghetti Bolognaise	Fish Fingers
	Smillie Faces	Mashed Potatoes	New Potatoes	Pasta	Chipped Potatoes
All MAIN COURSES ARE ACCOMPANIMENT WITH SEASONAL VEGETABLES Selection of Breads, Mixed Salads, Vegetable Sticks, Hummus and Semi-Skimmed Milk are available Daily					
VEGETARIAN CHOICE	Crispy Vegetable Stir Fry	Trio Colour Macaroni Cheese	Lentil Quiche	Oven Baked Vegetable Burger	Chickpea Curry
JACKET POTATO CHOICE	Tuna Or Cheese	Spicy Tomato Sauce Or Cottage Cheese	Tuna Or Grated Cheese	Tuna Or Cheese	Beans Or Cheese
PASTA BAR	Spicy Tomato 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 Cheese and Cucumber	Chicken Tikka Or Philadelphia Cheese	Southern Fried Chicken Or Grated Cheese	Ham and Cheese Flatbread Or Philadelphia Cheese	Chicken Tikka Or Cheese and Chive
SANDWICH Brown and White Bread	Ham Or Cheese	Tuna Or Egg Mayonnaise	Chicken Or Savoury Cheese	Turkey Or Cheese	Beef Or Egg Mayonnaise
DESSERT	Fresh Fruit Pot Fresh Fruit or Yoghurt	Apple Pie Custard Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit or Yoghurt	Fruit Trifle Fresh Fruit Pot Fresh Fruit or Yoghurt	Fresh Fruit Pot Fresh Fruit Or Yoghurt