

Oxhey Early Years Centre Tea Menu - Autumn 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Mash with a selection of toppings and salad	Rosemary & onion sausages, roast potatoes and broccoli	Sweet & sour chicken with rice	Tomato pasta with sweetcorn and garlic bread	Chicken goujons, potato wedges and mixed vegetables
VEGETARIAN	Mash with a selection of toppings and salad	Rosemary & onion vegetarian sausages, roast potatoes and broccoli	Sweet & sour Quorn pieces with rice	Tomato pasta with sweetcorn and garlic bread	Quorn goujons, potato wedges and mixed vegetables
DESSERT	Apple	Peaches	Fruit cocktail	Orange slices	Banana
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Fish fingers, chips and peas	Chicken, roast potatoes and green beans	Pizza and garlic bread with salad	Spaghetti Bolognese with salad	Rosemary & onion sausages, waffles and broccoli
VEGETARIAN	Vegetable roll, chips and peas	Quorn pieces, roast potatoes and green beans	Pizza and garlic bread with salad	Spaghetti (Quorn) Bolognese with salad	Rosemary & onion vegetarian sausages, waffles and broccoli
DESSERT	Satsumas	Pineapple	Banana	Apple	Pear

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Spaghetti Bolognese with salad	Fish fingers, new potatoes and peas	Cottage pie with broccoli	Chicken stir fry with noodles and salad	Pasta with garlic bread and salad
VEGETARIAN	Spaghetti Bolognese (Quorn) with salad	Vegetarian rolls, new potatoes and peas.	Quorn Cottage pie with broccoli	Quorn stir fry with noodles and salad	Pasta with garlic bread and salad
DESSERT	Orange	Banana	Peaches	Apple	Pineapple