



The Oval School Menu – Winter 2015/6

Food for Life Partnership Gold Mark

Week 1

cityserve
birmingham

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FISH FINGERS (MSC) MACARONI CHEESE FILLED JACKET POTATO	CAJUN SPICED CHICKEN FAJITAS (HALAL) ROASED VEG FLAN FISH FIESTA (MSC)	ROAST GAMMON & GRAVY ROAST CHICKEN & GRAVY (HALAL) QUORN ITALIAN PASTA BAKE FISH KRUNCHIE (MSC)	PORK SAUSAGE OR QUORN SAUSAGE TEMPURA FISH (MSC) CHICKPEA & SWEET POTATO CURRY	CHEESE & TOMATO PIZZA FISH PORTION
SAVOURY WHOLEGRAIN RICE PARSLEY POTATOES	TRI COLOUR PASTA DRY BAKED SPICED JACKET WEDGES	ROASTED POTATOES BABY NEW POTATOES	CREAMED POTATOES TRI COLOUR RICE	CHIPPED POTATOES CREAMED POTATOES
GARDEN PEAS AND SWEETCORN SLICED CARROTS	SWEETCORN RATATOUIE	BROCCOLI & CAULIFLOWER FLORETS SLICED CARROTS	GREEN BEANS SWEETCORN	BROCCOLI FLORETS MIXED VEGETABLES
COCOA CRACKNELL & CUSTARD YOGHURT FRESH FRUIT	BANANAS & CUSTARD (50% FRUIT) FRUIT SHORTBREAD YOGHURT FRUIT SALAD	APPLE CRUMBLE & CUSTARD (50% FRUIT) COCOA BEETROOT CAKE YOGHURT FRESH FRUIT	GINGER COOKIES YOGHURT FRESH FRUIT FRESH MILK	LEMON DRIZZLE SPONGE & CUSTARD YOGHURT FRESH FRUIT BASKET

Food Provenance and Quality

No fish is served from the Marine Stewardship Council 'Fish To Avoid List'

Fairtrade products – We use fairtrade bananas and fruit Juice

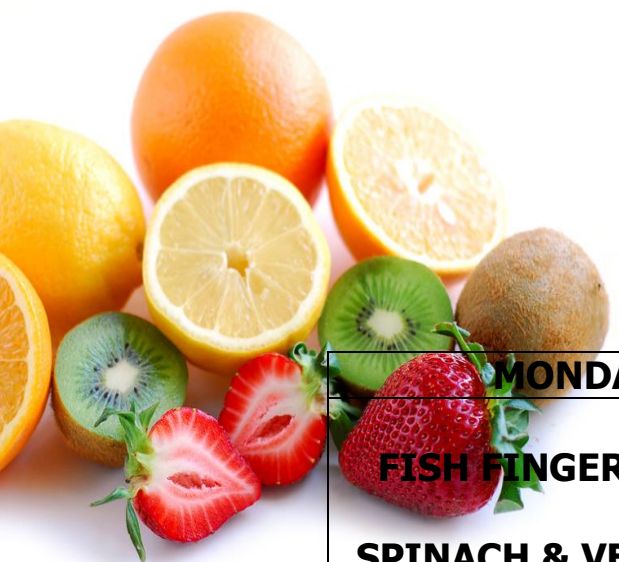
Free Range eggs are used in our recipes We have the Good Egg Award

Where possible our meat, fruit and vegetables are locally sourced (Subject to Availability)

Organic - We use some organic meat, yoghurt and milk (Subject to Availability) .

Most of our fish is from sustainable sources





The Oval School Menu – Winter 2015/6 Week 2

Food for Life Partnership Gold Mark



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FISH FINGERS (MSC) SPINACH & VEGETABLE LASAGNE FILLED JACKET POTATOES	LAMB BOLOGNESE (HALAL) BEAN & PEPPER FAJITAS TEMPURA FISH GOUJONS (MSC)	SOUTHERN STYLE CHICKEN & GRAVY (HALAL) SWEET CHILLI PASTA BAKE FISH KRUNCHIE (MSC)	CHICKEN & LENTIL CURRY RED ONION & BROCCOLI FLAN FISH FIESTA (MSC)	CHEESE & TOMATO PIZZA FISH PORTION
PILAU RICE CREAMED POTATOES	DRY BAKED SPICED JACKET WEDGES GARLIC BREAD	DRY ROASTED POTATOES NEW POTATOES	NAAN BREAD TOMATO & PEPPER WHOLEGRAIN RICE	CHIPPED POTATOES SPICED POTATOES
CAULIFLOWER & BROCCOLI FLORETS GARDEN PEAS	GREEN BEANS SWEETCORN	CARROT & SWEDE BATONS BROCCOLI FLORETS	SWEETCORN GARDEN PEAS & CARROTS	SEASONAL MIXED VEGETABLES BROCCOLI FLORETS
COCOA CRUNCH & CUSTARD YOGHURT FRESH FRUIT SALAD	FRUIT FLAPJACK & CUSTARD (50% FRUIT) APPLE CRUMBLE YOGHURT FRESH FRUIT PLATTER	BANANA MUFFINS YOGHURT FRESH FRUIT FRUIT JUICE	STRAWBERRIES & CREAM (50% FRUIT) COCOA SHORTBREAD BISCUITS YOGHURT FRESH MILK	COCOA CRACKNELLS & CUSTARD YOGHURT FRESH FRUIT BASKET

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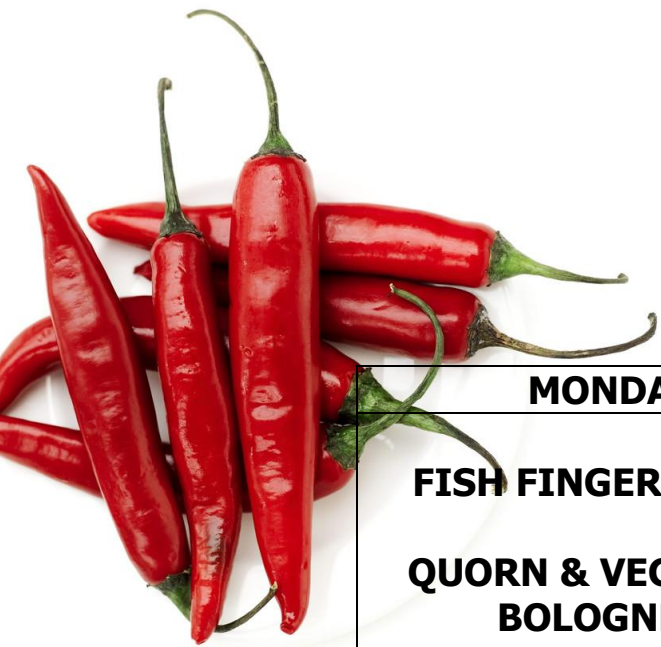
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Week 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FISH FINGERS (MSC) QUORN & VEGETABLE BOLOGNESE FILLED JACKET POTATO	LAMB LASAGNE (HALAL) CHEESE & PEPPER FLAN TEMPURA FISH GOUJONS (MSC)	ROAST PORK & GRAVY ROAST CHICKEN & GRAVY (HALAL) BEAN & PEPPER PASTA BAKE SALMON BAKE	CHICKEN KORMA (HALAL) VEGETABLE SAMOSA FISH KRUNCHIE (MSC)	CHEESE & TOMATO PIZZA FISH PORTION
PARSLEY POTATOES GARLIC BREAD	TRI COLOUR PASTA WITH WHOLEGRAIN CREAMED POTATOES	DRY ROASTED POTATOES BABY NEW POTATOES	GARLIC NAAN PILAU RICE	CHIPPED POTATOES 1/2 JACKET POTATO
GREEN BEANS SWEETCORN	SLICED CARROTS GARDEN PEAS	BROCCOLI & CAULIFLOWER FLORETS SWEETCORN & PEAS	SLICED CARROTS GARDEN PEAS	GREEN BEANS SWEETCORN
FRUIT SPONGE & CUSTARD (50% FRUIT) YOGHURT FRESH FRUIT PLATTER	BANANAS & CREAMY CUSTARD (50% FRUIT) SHORTCAKE CHEESECAKE YOGHURT FRESH FRUIT SALAD	COCOA, PEAR & TREACLE SPONGE & CUSTARD YOGHURT FRESH FRUIT BASKET	FRUIT MUFFIN YOGHURT FRESH GRAPES FRESH STRAWBERRIES	COCOA & BANANA BROWNIE YOGHURT FRESH FRUIT PLATTER

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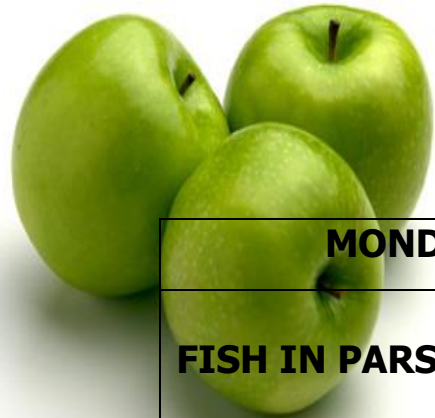
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Week 4

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FISH IN PARSLEY SAUCE FILLED JACKET POTATOES VEGETABLE SAMOSA	SOUTHERN BAKED CHICKEN GOUJONS BEAN, COURGETTE & TOMATO PASTA BAKE FISH KRUNCHIE (MSC)	ROAST CHICKEN & GRAVY (HALAL) CHEESE & ONION PIE FISH FIESTA (MSC)	CHICKEN & BEAN BURRITO CHEESE & PEPPER FLAN TEMPURA FISH GOUJONS	CHEESE & TOMATO PIZZA FISH PORTION
SPICED WHOLEGRAIN RICE PARSLEY NEW POTATOES	TRI COLOUR PASTA WITH WHOLEGRAIN CREAMED POTATOES	ROAST POTATOES YORKSHIRE PUDDING	HERBY DICED POTATOES RICE	CHIPPED POTATOES CAJUN NEW POTATOES
GARDEN PEAS AND SWEETCORN CAULIFLOWER FLORETS	SLICED CARROTS GARDEN PEAS	BROCCOLI FLORETS SWEETCORN	GARDEN PEAS SLICED CARROTS	GREEN BEANS SEASONAL MIXED VEGETABLES
COCOA CRACKNELLS & CUSTARD YOGHURT FRESH FRUIT SALAD	CHEESECAKE FLAPJACK YOGHURT FRESH FRUIT PLATTER	FRUIT SHORTBREAD & CUSTARD (50% FRUIT) FRUIT MUFFIN YOGHURT	STRAWBERRIES & CREAM (50% FRUIT) FRUIT MUFFIN YOGHURT	COCOA CRUNCH & CUSTARD YOGHURT FRESH FRUIT PLATTER

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