

YOUR MENU

Oulton Primary School

Week 1

W/C – 5/9/22, 26/09/22,
17/10/22, 14/11/22, 5/12/22,
9/01/23, 30/01/23

MONDAY

Roasted Vegetable Mac
and Cheese (v)

Vegetarian Burger in a Bun
with Jacket Wedges (ve)

Wholemeal Cheese Bap
with Jacket Wedges (v)

Jacket Potato with
Vegetable Chilli (v)

Lemon Cookie with Fresh
Fruit Wedges

Tuesday

Sticky Chicken Wrap with
Rice

Margherita Pizza with
Jacket Wedges (v)

Egg Mayonnaise Sandwich
with Jacket Wedges (v)

Jacket Potato with Cheese
(v)

Chocolate Cornflake Cake
with Fresh Fruit Wedges

AVAILABLE DAILY
YOGHURTS
AND
Fresh Fruit

MENUS ARE SUBJECT
TO AVAILABILITY



Minced Beef and Onion Pie
with Mashed Potato

Tikka Masala Curry with
Rice (v)

Tuna Crunch Wrap with
Jacket Wedges

Jacket Potato with Baked
Beans (ve)

Apple and Parsnip Flapjack

RED TRACTOR STANDARDS



Roast Pork with Yorkshire
Pudding, Mashed and Roast
Potatoes

Vegetarian Sausage with
Yorkshire Pudding, Mashed
and Roast Potatoes (v)

Hot Roast Filled Bap with
Roast Potatoes

Vanilla Sponge and Custard



(v) = vegetarian
(ve) = vegan

FRIDAY

Fish Fingers with Chips

Omelette with Chips (v)

Cream Cheese and
Cucumber Bap with Veg
Sticks and Chips (v)

Jacket Potato with Chilli
Baked Beans (ve)

Jelly with Fresh Fruit

Please note, whilst we make every effort to prevent cross contamination in our kitchens, we cannot guarantee that any food item is free from any specific allergen. We produce our food fresh every day in kitchens where allergens are handled by our staff and where utensils and equipment are used for multiple menu items.



YOUR MENU

(v) = vegetarian
(ve) = vegan

FRIDAY

Crispy Salmon Bites with Chips

Margherita Pizza with Chips (v)

Cheese and Tomato Finger Roll with Chips (v)

Jacket Potato with Vegetable Curry (ve)

Chocolate and Beetroot Brownie with Pear Wedges

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Oulton Primary School

Week 2

W/C – 12/09/22, 3/10/22,
31/10/22, 21/11/22,
12/12/22, 16/01/23,
6/02/23

MONDAY

Breaded Chicken in Curry Sauce with Rice

Vegetarian Sausage Pasta Bake (v)

Cheese Bap with Rice Salad (v)

Jacket Potato with Tuna and Sweetcorn

Ice Cream Roll



Tuesday

Vegetable Lasagne (v)

Cheesy Bean Slice with Jacket Wedges (v)

Wholemeal Egg Mayonnaise Sandwich with Jacket Wedges (v)

Jacket Potato with Baked Beans (ve)

Orange Sponge with Chocolate Custard

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Wednesday

Sausage Casserole

Vegetarian Kebab Wrap with Baby Baked Potatoes (ve)

Wholemeal Tuna Sandwich with Baby Baked Potatoes

Jacket Potato with Cheese and Salad (v)

Fruit Jelly with Fresh Fruit Salad

RED TRACTOR STANDARDS



THURSDAY

Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Hot Roast Filled Bap with Roast Potatoes

Ginger Cookie Apple Wedges



YOUR MENU

(v) = vegetarian

(ve) = vegan

FRIDAY

Fish Fingers with Chips

Vegetable Nuggets with Chips (ve)

Wholemeal Cheese Sandwich with Chips (v)

Jacket Potato with Vegetable Curry (v)

Chocolate Shortbread with Orange Wedges

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THURSDAY

Pork Sausage with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Pork Sausage Bap with Roast Potatoes (v)

Coconut Sponge with Custard



Wednesday

Savoury Mince with Mashed Potatoe

Super Five Pasta Bake (v)

Cream Cheese and Cucumber Bap with Veg Sticks and Jacket Wedges (v)

Jacket Potato with Tuna Mayonnaise

Winter Fruit Flapjack

RED TRACTOR STANDARDS



Tuesday

Meat Feast Pizza with Herby Diced Potatoes

Sweet Potato Vegetable Chilli with Rainbow Rice (ve)

Wholemeal Tuna and Cucumber Sandwich with Rainbow Rice

Jacket Potato with Cheese (v)

Rice Pudding with Homemade Strawberry Sauce

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Oulton Primary School

Week 3

W/C – 19/09/22, 10/10/22, 7/11/22, 28/11/22, 2/01/23, 23/01/23

MONDAY

Spaghetti Bolognese (v)

Cheesy Omelette served with Jacket Wedges (v)

Wholemeal Egg Mayonnaise Bap with Jacket Wedges (v)

Jacket Potato with Baked Beans (ve)

Seasonal Fruit Crumble and Custard

