
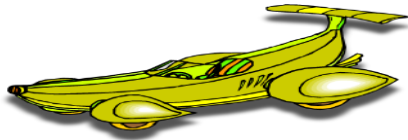


OASIS CATERING AUTUMM/WINTER Menu 2026

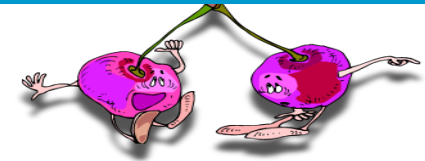



Week 1	Meat free <i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Option 1	Vegan Spaghetti Bolognaise	Chicken Curry with Basmati rice	Sausages with fresh creamy Mash Potatoes and Gravy	Meat Lasagne With potato Wedges	Golden Chicken Nugets with Chips
Option 2 	Traditional seasonal Vegetable Couscous	Macaroni Cheese	Vegetable Nuggets with Savoury Pasta	Loubia (Moroccan white Beans casserole with spinach)	Spicy Bean Burger & Chips
On the Side	Seasonal Vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Daily Items	<i>fresh fruit, Selection of bread and salad selection available daily</i>				
Dessert	Flap Jacks	Fruit Jelly	Greek Yoghurt with fruit	Apple Crumble and Custard	Ice Cream
Notes:	<i>All vegetarian dishes will contain a protein, e.g. Quorn, chickpeas; All meals comply with Government Food Standards developed by the schools Food Trust</i>				





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Week 2	MEAT FREE Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Main Dish	Creamy Quorn Chicken And broccoli Pasta Bake	Golden bread Fish Fillets Seved with potato wedges	Roast chicken with Roast potatoes and gravy	Jacket potatoes served with Chilli con carne	Fish Finger with Chips
Option 2 	Vegetable (Lentils) Curry with Rice	Mediterranean Roasted Vegetable pasta	Macaroni Cheese	Jacket potatoes with Cheese & beans or savoury vegan chilli	Margarita pizza with chips
On the Slide	Seasonal Vegetables	Seasonal Vegetable	Seasonal vegetable	Seasonal Vegetable	Baked Beans
Daily Items	fresh fruit, bread, and salad selection available daily				
Dessert	Flap Jacks	Fruit Jelly	Greeck Yoghurt with fruit	Apple Crumble & Custard	Ice Cream
Notes:	All vegetarian dishes will contain a protein, e.g. Quorn, chickpeas; All meals comply with Government Standards developed by the schools Food Trust				





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Week 3	MEAT FREE <i>Monday</i>		<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Main dish 1	Vegetable Lasagne served With herby potatoes	Lamb Madras with pilau Rice	Moroccan Lemon Grilled Chicken with olives served with steamed Rice	Spaghetti Bologness	Chicken Burger & Chips	
Main dish 2 	Classic Ratatouille served With steamed couscous	Macaroni Cheese	Fusilli Pasta with vegan mince in savoury tomato salsa	Baked potatoes with Mixed Bean Casserole	Spicy Bean Burger with chips	
On the Side	Seasonal Vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Garden Peas Baked Beans	
Daily Items	<i>fresh fruit, bread, and salad selection available daily</i>					
Dessert	Flap Jack	Fruit Jelly	Greek Yogurt with Fruit	Fruit Crumble and Custard	Ice Cream	
Notes:	<i>All meals comply with Government Standards developed by the schools Food Trust</i>					

