



YOUR MENU @

ODESSA
INFANT SCHOOL

----- Spring - Summer 2023 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Sweet Chilli Meatballs with Rice ND	Lamb & Lentil Lasagne with Garlic Slice	Roast Chicken & Stuffing with Roast Potatoes	Pasta Bolognese Bake with Focaccia Slice	Fish in Batter served with Jacket Wedges
Second Choice	Jacket Potato with Tuna Mayo	Sri Lankan Fish Curry with Basmati Rice	Quorn Soft Shell Taco with Rice ND V	Wholemeal Spinach & Ricotta Pasta Parcels ND V	Cajun Spiced Vegetable Stew with Jacket Wedges V
Vegetarian Choice	Quorn Dippers with Sweet & Sour Sauce & Egg Noodles V	Veggie Keema with Rice & Naan V	Roast Vegetable Tart with Roast Potatoes V	The 'Vegan' Burger with Salad & Vegan Mayo FGR PB	Pizza Slice with Jacket Wedges V
Vegetable Selection	Sweetcorn Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ripple Ice Cream Sponge Roll	Frozen Yoghurt served with Fruit Salad	Apple Crumble with Vanilla Ice Cream SS	Peach Melba Cake with Custard SS	Belgian Waffle with Fruit Salad
Daily Options Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 1

17 APR, 8 MAY, 5 JUN, 26 JUN, 17 JUL, 4 SEPT, 25 SEP, 16 OCT

Meat Served at this School is Halal

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

Eat for Free Scheme funded by



DINEin
AND DISCOVER



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	BBQ Chicken Pasta Bake	Baked Sausages with Mashed Potatoes	Roast Turkey & Yorkshire Pudding With Roast Potatoes	Lamb & Vegetable Jolloff Rice	Fish Fingers with Jacket Wedges
Second Choice	Creamy Butternut Squash Pasta Bake V	Jacket Potato with Cheese & Beans V	Chicken Burrito & Mexican Salad	Tuna Crunch Baguette served with Salad	Chickpea & Potato Curry with Rice
Vegetarian Choice	Quorn Frankfurter Hot Dog with Herby Diced Potatoes V	Cheese & Potato Pie V	Veggie 'Toad in the Hole' with Roast Potatoes V	Moroccan Style Vegan Tagine with Couscous PB	Veggie Pattie Muffin with Jacket Wedges V
Vegetable Selection	Sweetcorn Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Apple & Carrot Cake with Custard ND SS	Chocolate Sponge Slice with Custard SS	Jelly with Summer Fruit	Strawberry Yoghurt Cake with Custard ND SS	Black Forest Slice with Ice Cream SS
Daily Options Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 2

24 APR, 15 MAY, 12 JUN, 3 JUL, 11 SEPT, 2 OCT

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Lamb & Vegetable Curry with Rice & Naan	Chicken & Spring Vegetable Pie with Herby Diced Potatoes	BBQ Chicken with New Potatoes	Jerk Spiced Chicken with Rice & Peas	Fish Fingers with Chips
Second Choice	Mac 'n' Cheese with Focaccia Slice V	Chicken Burger in a Bun with Herby Diced Potatoes	'Fishwich' in a Bun with New Potatoes	Kickin' Chicken Enchilada with Jacket Wedges	Chicken Tikka Naan with Indian Salad
Vegetarian Choice	Mixed Bean Wrap with Rice PB	Jacket Potato with Cheese & Beans V ND	Veggie Cassoulet with New Potatoes V	Southern Style Burger in a Roll with Jacket Wedges V	Veggie Sausage Roll with Chips PB
Vegetable Selection	Sweetcorn Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Plantain Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Fruity Flapjack SS	Lemon & Lime Cheesecake ND	Frozen Fruit Smoothie	Sticky Mandarin SS Sponge with Ice Cream	Chocolate Shortbread SS
Daily Options	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

WEEK 3

1 MAY, 22 MAY, 19 JUN, 10 JUL, 18 SEPT, 9 OCT

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