

Shire Oak Academy Catering Provision

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals £1.00 each	Home made Farm Assured Beef pie	Freshly Prepared Cottage Pie	Hot filled Tikka and Cheese Petit Pain	Herby Tomato Meatballs in Pasta	Home made Bolognese Pasta
	Cajun Chicken Burritos	Freshly prepared Chicken Chow Mein	Oven Baked Fish Fingers	Mexican Beef Enchiladas	Tandoori Chicken Brochettes
	Home made Ham & Cheese Pasta Bake	Home made Chicken in a Sweet and Sour Sauce	Home made Carbanara Pasta	Oven baked Pollock	Farm Assured Chicken Noodles
Available each day from North Dining Hall	Assorted Potatoes 40p Rice 40p Pasta 40p Seasonal Veg / Salads 30p * Baked Beans 30p * FOC when purchased with a main meal and pasta ,potatoes or rice.	Potatoes 40p Pasta / Rice 40p Seasonal Veg / salads 30p * Baked beans 30p Chips 80p * FOC when purchased with a main meal and pasta ,potatoes or rice.	Assorted Potatoes 40p Rice 40p Pasta 40p Seasonal Veg / Salads 30p* Baked Beans 30p * FOC when purchased with a main meal and pasta ,potatoes or rice.	Potatoes 40p Pasta / Rice 40p Seasonal Veg / salads 30p * Baked beans 30p Chips 80p * FOC when purchased with a main meal and pasta ,potatoes or rice.	Assorted Potatoes 40p Rice 40p Pasta 40p Seasonal Veg / Salads 30p* Baked Beans 30p * FOC when purchased with a main meal and pasta ,potatoes or rice.
	Home made Cheese and Potato pie	Veggie 'Toad in the hole'	Freshly prepared Cheese and Potato pie	Home made Cheese & Potato Pasties	Home made Quorn and tomato Risotto
Vegetarian Main Options £1.00	Quorn 'Paella style' Savoury Rice	Veggie mince Pasta Bolognese	Seasonal Veg Noodles	Freshly Prepared Veggie Shepherds Pie	Freshly prepared Vegetable Tikka curry
	Freshly prepared Sandwiches £1.10 Assorted filled rolls/ Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40
'Grab and Go' Available each day					
Curry To Go £1.80	Authentic Chicken Curry and rice served with flatbread	Authentic Chicken Curry and chips	Authentic Chicken Curry and rice Served with flat bread	Authentic Chicken Curry and chips	Authentic Curry and rice served with flatbread
Pasta to go £1.80	Homemade Barbecue chicken / Tasty tomato served with pasta and garlic bread	Homemade Pizzas £1.20	Homemade Barbecue Chicken/Tasty tomato served with pasta and garlic bread	Assorted home made pizzas £1.20	Homemade Barbecue Chicken/ Tasty tomato served with pasta and garlic bread
Desserts	Homemade cakes / cookies 80p Fresh fruit 50p Fruit Yogurts 50p	Homemade cakes / cookies 80p Fresh fruit 50p Fruit Yogurts 50p	Homemade cakes / cookies 80p Fresh fruit 50p Fruit Yogurts 50p	Homemade cakes / cookies 80p Fresh fruit 50p Fruit Yogurts 50p	Homemade cakes / cookies 80p Fresh fruit 50p Fruit Yogurts 50p

Do you suffer from Allergens?

Please notify a member of staff to find out the allergen information for each dish. We take allergens very seriously, Do not take any risks!

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals £1.00 each	Home made Herby Tomato Meatballs in pasta	Oven Baked Pollock	Cajun Chicken Burritos	Farm Assured Beef Pie	Freshly Prepared Beef Lasagne
	Uk sourced Chicken Noodles	Home made Farm Assured Cottage Pie	Chinese Chicken Chow Mein	Freshly prepared Bolognese Pasta	BBQ Chicken and Cheese Petit Pain
	Local Sausages in Onion Gravy	Bacon and Cheese Risotto	Home made Carbanara Pasta	Home made Salmon Fishcakes	Chicken Sweet n Sour sauce
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	Home made Cheese and Potato pie	Quorn 'Paella' style Savoury rice	Cheese and Potato Pasties	Seasonal Vegetable Noodles	Cheese Omelettes
Vegetarian Main Options £1.00	Seasonal Vegetable Curry	Veggie Chinese Noodles	Veggie Mince Chilli	Vegetable Tikka Curry	Mexican Veggie Enchiladas
	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls/ Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40	Freshly prepared sandwiches £1.10 Assorted filled rolls / Paninis £1.10 Home prepared Filled Wraps £1.40 Hot Filled Baps £1.40
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