

BREAKFAST MENU

AVAILABLE DAILY

Freshly Made Porridge
with either Honey or Fruit Compote
£ Free

Yoghurt Table

Greek Style Yoghurt with a choice of toppings including Honey, Fruit Compote, Granola, Fruit Puree
£1.00- includes 1 topping

Home Made Muffins

DAILY SPECIALS TO INCLUDE:

Banana & Oatmeal, Pumpkin & Chai Seeds, Apple & Blueberry, Coconut & Raspberry, Muesli
£0.75p

Cereals

Choose from Weetabix, Cornflakes or Muesli with Semi Skimmed Milk, Alpro Non-Dairy Milk
£0.75p

Toasted Wholemeal Bloomer Bread or Bagels

with a choice of preserves and a low-fat spread
£0.50p per round

Fresh Fruit- £0.30p

BREAK-TIME MENU

1 x choice TORTILLA/BAGUETTE
1 X choice FLATBREAD and a
choice of 3 FROM THE SNACK POTS

Plus a weekly 'Guest Sandwich' offer, see board for details, Fresh Fruit bowl available daily.

Filled Tortilla or Wholemeal Baguettes with

Southern Style Chicken & Basil
Roasted Mediterranean Veg & Garlic
Red Leicester & Avocado
£1.65

Wholegrain Flatbreads

Radicchio Lettuce, Tuna & Sweetcorn
Feta, Beef Tomato & Cucumber
Houmous, Flat Leaf Parsley & Lemon Dressing
£1.80

Snack Gap Filler

Mixed Melon and Pineapple Pot-£1.10
Greek Style Yoghurt with Granola -£1.00
Tuna, Pasta & Roasted Sweetcorn -£1.30
Chicken Caesar Salad Pot-£1.40
Couscous & Roasted Vegetable Pot -£1.10

Fresh Fruit- £0.30p

CONTACT US

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Let's Eat
• TOGETHER •

Take a look at some of our

GREAT

MENUS

Oxfordshire County Council's Catering Team is proud to provide healthy, nutritious and freshly cooked school lunches, using locally sourced produce wherever possible.

GREAT
FOOD
SERVED HERE

YOUR SCHOOL LUNCH

Let's Eat
• TOGETHER •

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

The Swan School
DATE

Lentil Lasagne
served with
Salad
V

Quorn Sausage (#)
& Tomato Roll
served with
**Potato Wedges
& Garden Peas**
V

Sweet Potato, Spinach
& Chickpea Filo Pie
served with
**Courgette Provencal
& Pesto Bread**
V

Minted Pea & Feta Frittata
served with
**Country Style Potatoes &
Tomato & Red Onion Salad**
V

Haloumi Stack
served with a
**Greek Style
Pasta Salad**
V

Orange Chiffon Cake
with a
Citrus Sauce
V

Autumn Fruit Crumble
served with
Custard *
V

Fresh Fruit Salad
served with
Crème Fraiche *
V

Bakewell Slice
V

Chocolate & Beetroot Cake
served with
Crème Fraiche
V

WEEK 2

The Swan School
DATE

Spaghetti Vegetarian
Bolognese
served with
**Garlic Dough Balls &
Sweetcorn**

Sweet Potato & Cheddar
Cheese Whirl
served with
**Creamed Potato &
French Beans**
V

Cauliflower Cheese
served with
**Roast Potatoes &
Baton Carrots**
V

Mediterranean Pasta Bake
served with
Courgettes
V

Quorn Fajita (#) Wrap
served with
**Curly Fries &
Chef's Salad**
V

Autumn Berry
Fruit Compote
V

Fresh Fruit Salad
in Coconut Water *
V

Raspberry &
Apple Squares *
V

Butterscotch Tart &
Crème Fraiche
V

Lemon Drizzle Cake &
Greek Yoghurt
V

WEEK 3

The Swan School
DATE

Vegetarian Bombay
Cottage Pie
served with
**A side of Green Beans
& Gravy**

Thai Green
Vegetable Curry
served with
Sticky Rice & Courgettes
V

Quorn Sausage (#)
Pear and Potato Bake
served with
Whole Green Beans
V

Vegetable Samosa (#)
served with a
**Spicy Tomato Salsa &
Savoury Rice**
V

Sweet Potato, Red Onion
& Feta Quiche
served with
**Glazed New Potatoes &
Broccoli Florets**
V

Date & Apple Slice
with a Greek Yoghurt
V

Mixed Melon &
Crème Fraiche
V

Eaton Mess Cheese Cake
V

Fresh Fruit Salad
Cream
V

Eves Pudding & Custard
V

AVAILABLE DAILY

HOME MADE FLAVOURED BREAD, FRESH WATER, SALADS