



# Oscar Bears' Day Care

## Oscar Bears Menu September-December 2014



### Week 1 Menu

This menu is for week commencing:  
Wednesday 3 September, 22 September, 13 October, 10 November, 1 December.

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Penne with chicken, tomato and basil sauce	Sausage and bean pie	Roast turkey and gravy served with roast potatoes	Beef enchiladas	Salmon Fishcakes and new potatoes
Vegetarian option	Vegetable fried rice	Cheesy pasta twists	Quorn balls with homemade tomato sauce	Roasted vegetable pasta	Cheese and tomato pizzas
Vegetables or salad	Grated carrot and cucumber salad	Mixed vegetables	Vegetable medley	Shredded lettuce and cherry tomatoes	Peas and sweet corn
Pudding	Homemade cookie	Wobbly fruit jelly	Fruit flapjack	Apple crumble and custard	Sultana sponge
Tea provided By Oscar Bears	Tomato soup and fresh bread	Spaghetti in tomato sauce with whole meal bread squares	Tuna and cheese melts with cucumber crudités	Ham whole meal rolls served with carrot sticks	Egg mayonnaise sandwiches with cherry tomatoes

### Week 2 Menu

This menu is for week commencing:  
Monday 8<sup>th</sup> September, 29 September, 20 October, 17 November, 8 December.

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausages with pasta and tomato sauce	Cottage Pie	Roast pork and gravy served with roast potatoes,	Turkey bolognese pasta	BBQ Burger with oven baked potatoes
Vegetarian option	Cauliflower and broccoli cheese	Cheesy tomato pasta	Quorn burger in a bun	Macaroni cheese	Jacket potatoes with cheese
Vegetables or salad	Mixed salad	Mixed vegetables	Mixed seasonal vegetables	Mixed salad	Baked beans
Pudding	Peaches and custard	Homemade hobnobs	Fruit jelly	Chocolate crispy bar	Apple with plain yoghurt
Tea provided by Oscar Bears	Tomato soup with fresh bread	Egg mayonnaise whole meal rolls served with cherry tomatoes	Marmite and cheese sandwiches with red pepper	Melted cheese wraps served with a side salad	Homemade pitta pizzas with vegetable crudités

### Week 3 Menu

This menu is for week commencing:  
Monday 15 September, 6 October, 3 November, 24 November, 15 December.

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef mince pasta bolognese	Sausages, gravy, new potatoes	Roast gammon, and gravy served with roast potatoes	Chicken casserole with rice	Fish cakes and sauté potatoes
Vegetarian option	Vegetarian cottage pie	Homemade pesto pasta	Vegetable stir fry noodles	Quorn spaghetti bolognese	Cheese and tomato pinwheels
Vegetables or salad	Mixed salad	Carrots and broccoli	Vegetable selection	Raw veg sticks	Baked beans
Pudding	Mandarins and chocolate sauce	Yoghurt with digestive biscuit	Lemon drizzle cake	Strawberry jelly with fruit salad	Chocolate brownies
Tea provided by Oscar Bears	Tomato soup with French stick	Cream cheese and cucumber sandwiches with pom bears	Baked beans with grated cheese and bread squares	Tuna and cheese melted wrap	Jam sandwiches with raisins and apple slices

