

## ONGAR ACADEMY – WEEKLY MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL DEAL - Meat £2.00</b>	SAUSAGE ONION AND MASH WITH ONION GRAVY #	SOUTHERN BAKED CHICKEN #	CHILLI BEEF ENCHALADA #	BUTTERED CHICKEN NAAN AND RICE #	BAKED CHICKEN GOUJONS AND CHIPS £2 FISH AND CHIPS £2 #
<b>MAIN MEAL DEAL – Veggie £2.00</b>	BAKED VEGETABLE TOAD #	BAKED VEGETABLE AND POTATO FRITTATA #	VEGETABLE CURRY AND RICE #	ROASTED VEGETABLE BRUSHETTA #	SPICEY BEAN PITTA POCKETS #
<b>GRAB AND GO</b>	BBQ RIBS, SWEETCORN AND WEDGES £1.50		HOT DOG £1.50	BREADED CHICKEN FILLET IN A BUN £1.80	
<b>PIZZA £1.40</b>	PEPPERONI OR MARGHERITA #	MARGHERITA #	CHICKEN TIKKA OR MARGHERITA #	PEPPERONI OR MARGHERITA #	MARGHERITA #
<b>PASTA POT £1.00</b>	DAILY VEGETARIAN PASTA SAUCE	DAILY VEGETARIAN PASTA SAUCE	DAILY VEGETARIAN PASTA SAUCE	DAILY VEGETARIAN PASTA SAUCE	DAILY VEGETARIAN PASTA SAUCE
<b>PANINI OR JACKET POTATO MEAL DEAL £2.00/£2.50</b>	DAILY SELECTION SEE BOARD FOR DETAILS #	DAILY SELECTION PANINI'S FOR DETAILS #	DAILY SELECTION SEE BOARD FOR DETAILS #	DAILY SELECTION SEE BOARD FOR DETAILS #	DAILY SELECTION SEE BOARD FOR DETAILS #
<b>JELLY/FRUIT</b>	JELLY 30P AND FRESH FRUIT POTS 50P	JELLY 30P AND FRESH FRUIT POTS 50P	JELLY 30P AND FRESH FRUIT POTS 50P	JELLY 30P AND FRESH FRUIT POTS 50P	JELLY 30P AND FRESH FRUIT POTS 50P
<b>DESSERT FROM 70p</b>	HOMEMADE CAKES OF THE DAY #	HOMEMADE CAKES OF THE DAY #	HOMEMADE CAKES OF THE DAY #	HOMEMADE CAKES OF THE DAY #	HOMEMADE CAKES OF THE DAY #

DAILY SELECTION

# DENOTES THAT THIS ITEM CONTAINS SOME OR ALL OF THE ALERGENS PLEASE ASK CHEF WHO WILL BE HAPPY TO GUIDE YOU ON YOUR CHOICE

## ONGAR ACADEMY – WEEKLY MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL DEAL; - Meat £2.00</b>	CHILLI BEEF AND RICE WITH TORTILLA CHIPS #	SOUTHERN BAKED CHICKEN GOUJONS AND CHIPS £2 #	GARLIC PRAWN AND SALMON TAGITELLI #	BBQ HUNTERS CHICKEN #	FISH AND CHIPS £2 BAKED CHICKEN GOUJONS AND CHIPS £2 #
<b>MAIN MEAL DEAL – Veggie £2.00</b>	FRESH VEGETABLE CHOW MEIN #	VEGETABLE BOLOGNAISE #	JERK SPICED VEGETABLE POT #	TORTELLINI PASTA BAKE #	CHEESE TOMATO QUICHE #
<b>GRAB AND GO</b>	BBQ RIBS SWEETCORN AND WEDGES £1.50 #		HOTDOG £1.50 #	BREADED CHICKEN FILLET IN A BUN £1.50 #	
<b>PIZZA £1.40</b>	PEPPERONI OR MARGHERITA #	BBQ CHICKEN OR MARGHERITA #	HAM OR MARGHERITA #	PEPPERONI OR MARGHERITA #	MARGHERITA #
<b>PASTA POT £1.00</b>	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #
<b>PANINI OR JACKET POTATO MEAL DEAL £2.00/£2.50</b>	DAILY SELECTION SEE BOARD FOR DETAILS #	DAILY SELECTION PANINI'S FOR DETAILS #	DAILY SELECTION SEE BOARD FOR DETAILS #	DAILY SELECTION SEE BOARD FOR DETAILS #	DAILY SELECTION SEE BOARD FOR DETAILS #
<b>JELLY/FRUIT</b>	JELLY 30P AND FRESH FRUIT POTS 50P #	JELLY 30P AND FRESH FRUIT POTS 50P #	JELLY 30P AND FRESH FRUIT POTS 50P #	JELLY 30P AND FRESH FRUIT POTS 50P #	JELLY 30P AND FRESH FRUIT POTS 50P #
<b>DESSERT FROM 70p</b>	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #

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## ONGAR ACADEMY – WEEKLY MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL DEAL- Meat £2.00</b>	BEEF AND ONION HOT POT #	BAKED CHICKEN GOUJON AND CHIPS £2 #	ROASTED meat of the day WITH SEASONAL VEGETABLES AND ROAST POTATOES #	CHICKEN AND SWEETCORN PIE #	BAKED CHICKEN GOUJONS AND CHIPS £2 FISH AND CHIPS £2 #
<b>MAIN MEAL DEAL- Veggie £2.00</b>	SQUASH AND SWEET POTATO STEW #	ROASTED SWEET PEPPER AND ONION QUESIDILLA #	MUSHROOM STROGONOFF AND RICE #	BEAN BURGER DELUXE #	JACKET POTATO AND FILLINGS #
<b>GRAB AND GO</b>	BBQ RIBS SWEETCORN AND WEDGES £1.50 #		HOTDOG £1.50 #	BREADED CHICKEN FILLET IN A BUN £1.80 #	
<b>PIZZA £1.40</b>	PEPPERONI OR MARGHERITA #	MARGHERITA #	GRILLED BACON OR MARGHERITA #	PEPPERONI OR MARGHERITA #	MARGHERITA #
<b>PASTA POT £1.00</b>	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #	DAILY VEGETARIAN PASTA SAUCE #
<b>PANINI OR JACKET POTATO MEAL DEAL £2.00/£2.50</b>	DAILY SELECTION OF PANINIS #	DAILY SELECTION OF PANINIS #	DAILY SELECTION OF PANINI'S #	DAILY SELECTION OF PANINI'S #	DAILY SELECTION OF PANINI'S #
<b>JELLY/FRUIT</b>	JELLY 30P AND FRESH FRUIT 50P	JELLY 30P AND FRESH FRUIT 50P	JELLY 30P AND FRESH FRUIT 50P	JELLY 30P AND FRESH FRUIT 50P	JELLY 30P AND FRESH FRUIT 50P
<b>DESSERT FROM 70p</b>	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #	HOMEMADE CAKE OF THE DAY #

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