

OISE Newbury - Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Meat Free Saturday
Breakfast 8:00 every day	<u>Cooked:</u> free-range eggs, bacon or sausage, baked beans, hashbrown, pastry. <u>Continental:</u> yogurt, cereals, bread, fruits, cold meat, cheese, tomatoes, fruit juice, jam butter, etc.		Full English breakfast	<u>Cooked:</u> free-range eggs, bacon or sausage, baked beans, hashbrown, pastry. <u>Continental:</u> yogurt, cereals, bread, fruits, cold meat, cheese, tomatoes, fruit juice, jam butter, etc.		Meat Free Breakfast Hot&Continental
Lunch 12:30	One pot Chicken & Rice Mushroom Risotto White & Red Cabbage Crispy Eggplant Baby Potatoes	Braised Beef Stew With Potatoes And Carrots Squash & Carrot Stew Rice, Cassava Spring Greens Saute	Tomato Soup Bangers & Mash Veg Bangers & Mash Onion Gravy, Green peas	Spaghetti with meatballs Veg Spaghetti Puttanesca Cacio e Pepe Roasted Potatoes Mediterranean Vegetables Classic Bruschetta	Classic Fish & chips Macaroni Cheese Mushy Peas, Tartare Sauce Homemade Coleslaw	Winter vegetable Soup Homemade bread Pumpkin & Leek Quiche Roasted vegetables
Lunch & Dinner	<u>Salad bar:</u> At least two types of protein (e.g.: boiled eggs, tuna, cooked chicken/meat slices,crispy bacon etc.) plus 6 other salad bowls like; green leaves, tomatoes, cucumber, carrots, seeds, quinoa, pasta salad, lentils, beans, coleslaw , potato salad , sweetcorn etc. Dessert: Natural Yogurt with toppings & fresh fruit					
Dinner 18:30	Crispy Beef Schnitzel Creamy Sweetcorn Gratin Rice Loaded potato skins Green Vegetables	Coconut Curry Chicken Lentil, Chickpea and Sweet Potato Curry Rice, Green beans Naan bread	Chunky shepherd's pie Chunky Veg Pie Glazed Carrots Green beans	Beef Burritos Meat-free burritos Nachos, Guacamole Mexican Corn Salad Mango Salsa	Homemade Beef Burger Halloumi Burger Onion Rings Corn on the Cob Kale Coleslaw	Potato Gnocchi 2 choices of sauce Bruschetta Baby Potatoes Broccoli & Carrots
Sunday : Continental + Cooked Breakfast - Lunch: Traditional Sunday Roast with all the trimmings. - Dinner: Pizza Bar						

Continental buffet: Breads, meat & cheese boards, fresh fruits, cereals, fruit juice, milk, teas & coffee .

Full English breakfast: Egg, sausage, bacon, grilled tomatoes, baked beans, hashbrown, toast, fresh fruits, cereals, butter, preserves, bread, fruit juice, milk, teas & coffee.

Meat Free Breakfast: Fried Egg, scrambled egg, tomatoes, hashbrown, baked beans, cheese, fresh fruits, cereals, butter, preserves, bread, fruit juice, milk, teas & coffee.

OISE Newbury - Summer Menu

	Monday	Tuesday	All British Wednesday	Thursday	Friday	Meat Free Saturday
Breakfast 8:00 every day	<u>Cooked:</u> free-range eggs, bacon or sausage, baked beans, hashbrown, pastry. <u>Continental:</u> yogurt, cereals, bread, fruits, cold meat, cheese, tomatoes, fruit juice, jam butter, etc.		Full English breakfast	<u>Cooked:</u> free-range eggs, bacon or sausage, baked beans, hashbrown, pastry. <u>Continental:</u> yogurt, cereals, bread, fruits, cold meat, cheese, tomatoes, fruit juice, jam butter, etc.		Meat Free Breakfast Hot&Continental
Lunch 12:30	Beef stroganoff Stroganoff or Mushroom Stroganoff, Butter Sweetcorn Green beans Rice & Baby potatoes	Hunter's chicken Cauliflower cheese Rice Tomato & Basil pasta bake Courgette & Kale saute	Bangers & Mash Veg Bangers & Mash Yorkshire Pudding Onion Gravy, Green peas Eton Mess	Classic lasagna Broccoli Stilton Lasagna Mediterranean Vegetables Garlic bread Baby Potatoes	Southern Fried Chicken & chips Pasta Pomodoro Sweetcorn & Broccoli	Packed lunch
Lunch & Dinner	<u>Salad bar:</u> At least two types of protein (e.g.: boiled eggs, tuna, cooked chicken/meat slices,crispy bacon etc.) plus 6 other salad bowls like; green leaves, tomatoes, cucumber, carrots, seeds, quinoa, pasta salad, lentils, beans, coleslaw , potato salad , sweetcorn etc. Dessert: Natural Yogurt with toppings & fresh fruit					
Dinner 18:30	Chicken or Pork stir-fry Vegetarian stir-fry Egg fried rice, Noodles Vegetable spring rolls Gyoza	Chilli con carne Meat-free chilli Cheesy Nachos & rice Quesadilla Corn on the cob, Guacamole	Chicken & Leek Pie Mushroom & Leek Pie Carrots, Peas, Cauliflower, Rice Potato Wedges	Lemon & thyme Chicken Stuffed Aubergine Tomato Rice, CousCous & Spring Greens	BBQ in the garden	Pasta Bar 2 choices of sauce Bruschetta Baby Potatoes Courgette & Carrots
Sunday : Continental + Cooked Breakfast - Lunch: Traditional Sunday Roast with all the trimmings. - Dinner: Pizza Bar						

Continental buffet: Breads, meat & cheese boards, fresh fruits, cereals, fruit juice, milk, teas & coffee .

Full English breakfast: Egg, sausage, bacon, grilled tomatoes, baked beans, hashbrown, toast, fresh fruits, cereals, butter, preserves, bread, fruit juice, milk, teas & coffee.

Meat Free Breakfast: Fried Egg, scrambled egg, tomatoes, hashbrown, baked beans, cheese, fresh fruits, cereals, butter, preserves, bread, fruit juice, milk, teas & coffee.