

October 2018	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 30 th Sept	Fish fingers peas Mash, gravy or Spaghetti bolognaise with healthy garlic bread Sponge cake/fruit	Steakburger, gravy Sweetcorn mashed potatoes or Chicken curry & rice Jelly/fruit	Fish bites or Oven baked sausages beans Broccoli, mashed potatoes/rice Frozen yoghurt	Roast Chicken, stuffing, gravy Carrots, parsnips Roast, mashed Potatoes or Macaroni cheese Flakemeal/fruit	Homemade pizza Carrot sticks, Chips/rice or Chicken wrap Salad Rice krispie bun
Week Two 7 th Oct	Chicken Curry, rice. Grilled bacon,gravy Carrots, mashed potato Flakemeal/fruit	Cream of vegetable soup with wheaten bread &cheese roll or Steakburger & bap Jelly/fruit	Breaded cod or Savoury mince, peas beans, mashed potatoes/pasta Fruit pot	Roast Chicken, stuffing,gravy Broccoli, carrots Roast & mashed potatoes or Macaroni Cheese Muffin/fruit	Chicken nuggets or salad wrap, selection of salads, chips/rice Ice cream/fruit
Week Three 14 th Oct	Chicken curry or Steakburger, gravy, Carrots Baked beans mash/rice Yoghurt/fruit	Spaghetti bolognaise or Breaded salmon Mixed veg mashed potatoes buns/fruit	Irish stew or chicken baguette Selection of salad Oven dice potatoes Frozen voahurt/fruit	Roast Chicken Stuffing, gravy carrots & parsnips Mashed potatoes or Macaroni Cheese Shortbread biscuit/fruit	Homemade pizza Sweetcorn, Chips/rice or Chilli chicken Ice cream/fruit
Week Four 21 st Oct	Fish fingers, peas Mashed potatoes Or chicken fried rice, gravy Flakemeal/fruit	Oven baked sausages, baked beans, sweetcorn mashed potatoes or Salmon fishcake Rice krispie buns	Chicken curry & rice, naan bread or Chicken wrap Sweetcorn Chips/rice Ice cream/fruit	Roast Chicken Cauliflower cheese, peas Roast & mashed potatoes, chicken gravy or Macaroni Cheese Muffin/fruit	Cream of vegetable soup Wheaten bread Steakburger & bap Or cheese roll Jelly/fruit
Week Five 28 th Oct	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED

**school
food**

www.schoolfoodni.com

Bread, Fresh Fruit,
Yoghurt, Milk and Water
are available daily

If you require any additional
Information on allergens or
Special diets please contact
the school in the first
instance



Cost of a school meal is currently £2.60 per day