

October 2018	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 1 <sup>st</sup> Oct	Fish fingers peas Mash, gravy or Spaghetti bolognaise with healthy garlic bread <b>Yoghurt/fruit</b>	Steakburger, gravy Sweetcorn mashed potatoes or Chicken crumble <b>Jelly/fruit</b>	Cottage pie or Oven baked sausages beans Broccoli, mashed potatoes/rice <b>Frozen yoghurt/fruit</b>	Roast Chicken, stuffing, gravy Carrots, parsnips Roast & mashed Potatoes <b>Flakemeal/fruit</b>	Homemade pizza Carrot sticks, Chips/rice or Chicken wrap Salad <b>Ice cream tub/fruit</b>
<b>Week Two</b> 8 <sup>th</sup> Oct	Grilled bacon,gravy Or brown stew Carrots, mashed potato/pasta <b>Flakemeal/fruit</b>	Cream of vegetable soup with wheaten bread &cheese roll or Steakburger & bap <b>Jelly/fruit</b>	Fresh fish or Savoury mince, peas beans, mashed potatoes/pasta <b>Fruit pot</b>	Roast Turkey, stuffing,gravy Broccoli, carrots Roast & mashed potatoes <b>Muffin/fruit</b>	Chicken nuggets or tuna wrap, selection of salads, chips/rice <b>Ice cream/fruit</b>
<b>Week Three</b> 15 <sup>th</sup> Oct	Chicken macaroni or Steakburger, gravy, Carrots Baked beans mash/pasta <b>Yoghurt/fruit</b>	Spaghetti bolognaise or Breaded salmon Mixed veg mashed potatoes <b>buns/fruit</b>	Irish stew or chicken baguette Selection of salad Oven dice potatoes <b>Frozen yoghurt/fruit</b>	Roast Chicken Stuffing, gravy carrots & parsnips Mashed potatoes <b>Shortbread biscuit/fruit</b>	Homemade pizza Sweetcorn, Chips/rice or Chilli chicken <b>Ice cream/fruit</b>
<b>Week Four</b> 22 <sup>nd</sup> Oct	Fish fingers, peas Mashed potatoes Or chicken fried rice, gravy <b>Flakemeal/fruit</b>	Oven baked sausages, baked beans, sweetcorn mashed potatoes or Spaghetti bolognaise <b>Yoghurt/fruit</b>	Chicken curry & rice, naan bread or Chicken wrap Sweetcorn Chips/rice <b>Ice cream/fruit</b>	Roast Gammon, or fresh fish goujons Cauliflower cheese Roast & mashed potatoes, gravy <b>Muffin/fruit</b>	Cream of vegetable soup Wheaten bread Steakburger & bap Or cheese roll <b>Jelly/fruit</b>
<b>Week Five</b> 29 <sup>th</sup> Oct	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>

Cost of a school meal is currently £2.60 per day

# school food

[www.schoolfoodni.com](http://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

