** EDUCATION AUTHORITY – NORTH EASTERN REGION-**

 **MEAL PLAN SCHOOL MEALS KITCHEN**

 **Commencing September 2020**

**(Restricted Covid Menu –Subject to change)**

|  |  |  |  |  |  |
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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK****\\3033326-FS01\NonTeachersFolders$\smcalister055\Pictures\strawberry.png1** | **Spaghetti Bolognaise &****Herb Bread****Apple sponge & custard** | **Chicken curry,** **rice & naan bread** **Fresh fruit and yogurt** | **Homemade soup****Potato, bread****Beef burger and bap****Ice-cream and fresh fruit** | **Baked gammon,** **pineapple & stuffing, cabbage, carrots gravy, Dry oven roast & mashed potato****Flakemeal Biscuit, fruit and milkshake** | **Oven baked crumbed fish &****peas, mashed potatoes or chips, gravy****Fruit cup and frozen yogurt** |
| **WEEK****2****N:\Pictures\apple.png** | **Meat Balls in gravy,** **Broccoli, turnip,** **mashed potato****Chocolate pear sponge and chocolate sauce** | Irish stew and wheaten bread **Fruit Krispie square,****Custard and fruit** | **Oven baked crumbed fish, peas, sweetcorn, mashed potatoes and gravy****Fruit and yogurt** | **Roast Chicken,** **Carrots, broccoli,** **Dry oven roast and mashed potatoes, stuffing and gravy.****Fresh fruit and yogurt** | **Chicken Nuggets, sweetcorn, beans,****Mashed potatoes or chips,****Frozen yogurt and fruit** |
| **WEEK****N:\Pictures\banana.png3** |  **Chicken Curry,**  **Rice, Naan bread****Ice cream tub and fruit** |  **Pasta Bolognaise,** **Herb bread****Fruit and yogurt** | **BUFFET: Selection of sandwiches - (chicken, cheese, tuna)****Pizza fingers****Cocktail sausages, carrot sticks****Fruit muffin and milkshake** | **Roast pork and apple sauce, carrots, cauliflower,****cheese sauce****Mashed & dry oven roast potatoes, stuffing and gravy****Milk pudding and fruit** |  **Steak Burger,****Gravy, Baked beans****Mashed potatoes or chips****Fruit cup and frozen yogurt** |
| **WEEK****N:\Pictures\orange.png4** | **Pasta Bolognaise** **sweetcorn****Mashed or herb diced potatoes** **Ice cream and fruit** | **Chicken curry and rice** **Naan bread sweetcorn****Crunchy fruit crumble and custard** | **Irish stew /wheaten bread****Biscuits, fruit and milkshake** | **Roast chicken, Carrots, broccoli, Dry oven roast, mashed potatoes,****Stuffing and gravy****Fruit and yogurt** | **Oven baked sausages, peas,****Mashed potatoes or chips,****Gravy****Fruit and yogurt** |

*NB: Milk, water and fresh fruit / vegetables served alongside every set meal.*

**For further information on allergenic ingredients please contact the school.**

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