** EDUCATION AUTHORITY – NORTH EASTERN REGION**

 **MEAL PLAN SCHOOL MEALS KITCHEN**

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|  | **Monday**  | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK****\\3033326-FS01\NonTeachersFolders$\smcalister055\Pictures\strawberry.png1**  | **Pasta Bologonaise with grated cheese and crusty bread****Or****Stuffed Bacon Rolls, sweetcorn,****Mashed potatoes and gravy****Custard and Oat cookie** | **Chicken Curry, Rice & Naan bread****Or****Baked potato with Beans & Cheese****Banana Muffin & Custard** | **Buffet:****Pizza Fingers, Sandwiches, Vegetable Sticks****Chicken Strip** **and Potato wedges,****Ice cream and fresh fruit** | **Roast chicken, Broccoli and Carrots.****Mashed potatoes, Dry Roast Potatoes, stuffing and gravy.****Chocolate flavoured sponge and custard** |  **Fish Bites / Peas** **Or** **Lasagne**  **Chips, mashed potato**  **or salad****Frozen yogurt & fruit cup** |
| **WEEK****2****N:\Pictures\apple.png** | **Chicken Curry, Rice & Naan Bread****Or****Italian Pasta Bake with cheese****Crusty Bread****Flakemeal Biscuit & Fruit** | **Vegetable Soup****Beef Burger****Or****Homemade Pizza, Salad and Coleslaw****Muffin & fruit** | **Breaded Fish** **Mashed Potatoes****Or****Chicken Pasta Bake & Side Salad****Date Krispie & Custard** | **Roast Chicken, Carrots, Cabbage, Mashed and Dry Roast Potatoes, Stuffing and Gravy.****Chocolate flavoured cookie and Custard** | **Chicken Nuggets, Beans and Chips / Potatoes****Or****Hot Chilli Chicken wrap,****Salad and Coleslaw****Yoghurt & Fruit** |
| **WEEK****N:\Pictures\banana.png3** | **Fish fingers, peas and mashed potatoes****Or****Chicken Crumble, Peas Mashed potatoes and Gravy****Apple Sponge** | Meatballs in gravy, Carrots and Mashed Potatoes OrIrish stew & Wheaten BreadChocolate Flavoured Brownie& Pears | Chicken curry, Rice & Naan BreadOrBaked Potato filled with Tuna and CheeseFlakemeal Biscuit & Custard | **Roast Chicken, Carrots, Parsnips, Mashed potatoes, Dry Roast potatoes, Stuffing and Gravy****Egg Sponge & Custard** | **Salmon Fishcakes** **Salad or Mashed Potatoes****Or****Hot Dog, Beans & Chips****Frozen Yogurt & Fruit Cup** |
| **WEEK****N:\Pictures\orange.png4** | **Chicken Fried rice, Curry sauce, Naan Bread****Or****Chicken Nuggets, Beans****Mashed Potato****Flakemeal Biscuit and custard** | **Buffet:****Sandwiches, Potato Wedges****Pizza finger, Chicken strips Pasta Salad, Carrot sticks.****Ice cream & Fruit** | **Pasta Bologonaise, Ciabatta Bread and cheese****Or****Coddies with peas, Mashed potatoes & Gravy****Marble Sponge and custard** | **Roast Turkey, turnips, broccoli****Dry Roast potatoes, Mashed potatoes, Stuffing & gravy.****Chocolate flavoured Brownie****& Fruit** | **Home-made Chicken Burger** **Peas & Chips****Or****Cheese & Tomato Panini, Coleslaw & Salad****Yogurt & Fruit** |

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

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

**Menu may change subject to Nutritional Guidelines and deliveries.**