** EDUCATION AUTHORITY – NORTH EASTERN REGION**

**MEAL PLAN SCHOOL MEALS KITCHEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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  Or  Irish stew & Wheaten Bread  Chocolate Flavoured Brownie  & Pears | Chicken curry, Rice & Naan Bread  Or  Baked Potato filled with Tuna and Cheese  Flakemeal 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.**