** EDUCATION AUTHORITY – NORTH EASTERN REGION**

**MEAL PLAN SCHOOL MEALS KITCHEN**

**Commencing September 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK**  **\\3033326-FS01\NonTeachersFolders$\smcalister055\Pictures\strawberry.png1** | **Spaghetti Bologonaise &**  **Herb Bread**  **OR**  **Oven Baked Sausages,**  **Carrots, Sweetcorn,**  **Mashed potatoes, Gravy**  **Apple sponge & custard** | **Chicken curry, rice & naan bread OR**  **Cheese & tomato pizza,**  **Baked beans, sweetcorn, diced potatoes**  **Fresh fruit and yogurt** | **Homemade soup**  **Potato, bread**  **Beef burger and bap**  **OR**  **Filled baguette and side salad**  **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 & lemon OR**  **Chilli chicken wrap, peas, coleslaw, mashed potatoes or chips, gravy**  **Fruit cup and frozen yogurt** |
| **WEEK**  **2**  **N:\Pictures\apple.png** | **Meat balls in gravy OR Stuffed bacon rolls, Broccoli,**  **Turnip, mashed potato**  **Chocolate pear sponge and chocolate sauce** | **Chicken curry, rice & naan bread OR**  **Irish stew and wheaten bread**  **Fruit krispie square, custard and fruit** | **Oven baked crumbed fish, peas, sweetcorn, mashed potatoes and gravy OR**  **Chicken & broccoli pasta bake & side salad**  **Fruit and yogurt** | **Roast Chicken, Carrots, broccoli, Dry oven roast and mashed potatoes, Stuffing and Gravy.**  **Fresh fruit and yogurt** | **Lasagne/ side salad, coleslaw**  **OR**  **Chicken nuggets, sweetcorn, beans,**  **Mashed potatoes or chips,**  **Gravy**  **Frozen yogurt and fruit** |
| **WEEK**  **N:\Pictures\banana.png3** | **Chicken curry and rice**  **OR**  **Chicken or cheese panini, sweetcorn, carrots**  **Diced sticks**  **Ice cream tub and fruit** | **Pasta bologonaise, Herb bread**  **OR**  **Baked potato with cheese /tuna**  **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**  **Mashed & dry oven roast potatoes, stuffing and gravy**  **Milk pudding and fruit** | **Oven Baked fish**  **OR**  **Steak Burger, onions**  **Gravy, Baked beans**  **Fruit cup and frozen yogurt** |
| **WEEK**  **N:\Pictures\orange.png4** | **Homemade chicken goujons OR**  **Pasta Bologonaise sweetcorn**  **Mashed or herb diced potatoes**  **Ice cream and fruit** | **Chicken curry and rice or Baked potato with cheese/baked beans**  **Crunchy fruit crumble and custard** | **Savoury mince**  **Or**  **Salmon cake & lemon,**  **Carrots, peas**  **Mashed or baked potato**  **Biscuits, fruit and milkshake** | **Roast chicken**  **Carrots, broccoli**  **Dry oven roast, mashed potatoes,**  **Stuffing and gravy**  **Fruit and yogurt** | **Oven baked sausages**  **OR**  **Chicken stir fry, sweetcorn, 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.**

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