** 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.**