** EDUCATION AUTHORITY – NORTH EASTERN REGION-**

**MEAL PLAN SCHOOL MEALS KITCHEN**

**Commencing September 2020**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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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