** EDUCATION AUTHORITY – NORTH EASTERN REGION-**

**MEAL PLAN SCHOOL MEALS KITCHEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK**  **\\3033326-FS01\NonTeachersFolders$\smcalister055\Pictures\strawberry.png1** | **Fish Fingers, garden peas, homemade potato wedges with sweet chilli dipping sauce**  **Crusty Bread**  **Kiwi & Strawberry egg sponge** | **Chicken curry,**  **Boiled rice, naan bread & carrot sticks**  **Brownie & chocolate flavoured sauce** | **Cottage Pie**  **Sweetcorn,**  **Finely Diced peppers**  **Mashed potatoes**  **Wheaten Bread**  **Watermelon Slice & Yogurt** | **Roast Beef, stuffing,**  **baton carrots, broccoli**  **Mash & oven dry roast potatoes, gravy**  **Fresh fruit topped Ice-cream Sundae** | **Chicken bites, baked beans**  **Salad, coleslaw**  **Chips / homemade Chilli potato skins**  **Wholemeal bread**  **Cheese & crackers with cut grapes** |
| **WEEK**  **2**  **N:\Pictures\apple.png** | **Pasta Bolognaise**  **Carrot batons**  **Crusty Bread**    **Yogurt & trio of fruits** | **Fish Fingers, Baked beans**  **Mashed potatoes,**  **Wholemeal bread**    **Chocolate & Pear sponge with Dairy Custard** | **Steak Burger in Bap**  **Salad, Coleslaw**  **Homemade spiced cubed potatoes**  **Strawberry Shortcake Stack** | **Roast Turkey**  **Stuffing, Sliced green beans,**  **Diced carrots & parsnips**  **Dry oven roast and mashed potatoes**  **gravy.**  **Summer fruits and yogurt** | **Gourmet homemade pizza with chicken and tomato topping**  **Side salad, pineapple salsa**  **Chips/baked potato**  **Fresh fruit salad & yogurt** |
| **WEEK**  **N:\Pictures\banana.png3** | **Pasta Bolognaise**  **Side salad**  **Crusty Bread**  **Strawberry Swiss roll with**  **Dairy custard** | **Chicken Curry with boiled rice**  **Carrot sticks &**  **Naan bread**  **Chocolate cookie with banana chunk**  **Milkshake** | **Oven baked breaded fish**  **Baked beans, Mashed potatoes**  **Crusty Bread**  **Forest Fruits & Yogurt** | **Roast Beef, stuffing,**  **Cabbage, carrots & parsnips**  **Mash & oven dry roast potatoes, gravy**  **Pear Conde ( cold rice with pear & glaze)** | **Hot Dog**  **Saute onions, Sweetcorn salsa**  **Side salad, Chips**  **& potato salad**  **Fresh Pineapple ring & Yogurt** |
| **WEEK**  **N:\Pictures\orange.png4** | **Fish Fingers, Beans**  **Mashed potatoes**  **Crusty Bread**  **Melon wedge & Frozen yogurt** | **Chicken Curry, boiled rice**  **Carrot sticks**  **Naan Bread.**  **Fruit filled Meringue shell drizzled with Vanilla custard** | **BUFFET**  **Selection of sandwiches**  **Chicken, cheese, tuna, ham**  **Pizza fingers, Cocktail sausages & carrot sticks**  **Fruit muffin, Banana & Milkshake** | **Roast Pork & Stuffing**  **Diced turnip. Broccoli florets**  **Mashed potatoes, Oven baked dry roast potatoes**  **Gravy**  **Cheese & crackers with cut grapes** | **Hawaiian Salad Burger**  **Asian Slaw**  **Chips/ Homemade crunchy paprika wedges**  **Medley of fruit & Yogurt** |

*NB: Milk, water served alongside every set meal.*

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

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