

**WEEKLY SET MEAL MENU - WEEK 3**

**\*\* HAM ONLY AVAILABLE ON WEDNESDAY THIS WEEK \*\***

**FRESH FRUIT, BREAD, YOGHURT AND MILK AVAILABLE DAILY**

Name: _____ MONDAY 15 <sup>th</sup> January	Name: _____ TUESDAY 16 <sup>th</sup> January	Name: _____ WEDNESDAY 17 <sup>th</sup> January	Name: _____ THURSDAY 18 <sup>th</sup> January	Name: _____ FRIDAY 19 <sup>th</sup> January
<b><u>SET MEAL</u></b>	<b><u>SET MEAL</u></b>	<b><u>SET MEAL</u></b>	<b><u>SET MEAL</u></b>	<b><u>SET MEAL</u></b>
Chicken Soup with Beef Burger in Bap	Irish Beef Stew	Sausages, Beans & Mashed Potato	Roast Turkey, Gravy, Mashed & Dry Roast Potatoes & Broccoli	Chicken & Pasta Bake, Peas, Chips or Baked Potato
<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>
Macaroni Bolognese Bake with Sweetcorn & Salad	Chicken Drumstick in Gravy, Mashed Potato & Mixed Vegetables	Chicken Curry, Boiled Rice & Naan Bread	Chicken Crumble, Broccoli, Mashed & Dry Roast Potatoes	Fish Fingers, Peas, Chips or Baked Potato
<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>
Chicken, Tuna or Cheese Sandwich & Salad <b>(Please choose filling)</b>	Chicken, Tuna or Cheese Tortilla Wrap & Salad <b>(Please choose filling)</b>	Ham, Tuna, Chicken or Cheese Sandwich & Salad <b>(Please choose filling)</b>	Chicken, Tuna or Cheese Tortilla Wrap & Salad <b>(Please choose filling)</b>	Chicken, Tuna or Cheese Sandwich & Salad <b>(Please choose filling)</b>
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Banana Cake & Custard	Ice-Cream & Fruit Cocktail	Carrot & Apple Oat Muffin with Fruit or Yoghurt	Flakemeal Biscuit with Fruit or Yoghurt	
<b><u>OR</u></b>	<b><u>OR</u></b>	<b><u>OR</u></b>		
Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt
~	~	~	~	~
Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
~	~	~	~	~
Bread Basket available every day	Bread Basket available every day	Bread Basket available every day	Bread basket available every day	Bread basket available every day
<b>TOTAL: £2.60</b>	<b>TOTAL: £2.60</b>	<b>TOTAL: £2.60</b>	<b>TOTAL: £2.60</b>	<b>TOTAL: £2.60</b>

**\*\* FOR FURTHER INFORMATION ON INGREDIENTS USED IN SCHOOL MEALS (THAT MAY CAUSE AN ALLERGIC REACTION) PLEASE CONTACT THE SCHOOL CANTEEN - (028) 25651813 \*\***