

WEEKLY SET MEAL MENU - WEEK 4

**** HAM ONLY AVAILABLE ON FRIDAY THIS WEEK ****

FRESH FRUIT, BREAD, YOGHURT AND MILK AVAILABLE DAILY

Name: _____ MONDAY 22 nd January	Name: _____ TUESDAY 23 rd January	Name: _____ WEDNESDAY 24 th January	Name: _____ THURSDAY 25 th January	Name: _____ FRIDAY 26 th January
<p><u>SET MEAL</u></p> <p>Chicken Stir Fry, Rice or Mashed Potato, Peas or Carrots</p> <p align="center"><u>OR</u></p> <p>Chicken Nuggets, Rice or Mashed Potato, Peas or Carrots</p> <p align="center"><u>OR</u></p> <p>Chicken, Tuna or Cheese Tortilla Wrap & Salad (Please choose filling)</p> <p align="center">~</p> <p>Fruit Salad</p> <p align="center"><u>OR</u></p> <p>Fruit or Yoghurt</p> <p align="center">~</p> <p>Milk or Water</p> <p align="center">~</p> <p>Bread Basket available every day</p>	<p><u>SET MEAL</u></p> <p>Chicken Curry, Boiled Rice & Naan Bread</p> <p align="center"><u>OR</u></p> <p>Cottage Pie, Mashed Potato, Peas & Sweetcorn</p> <p align="center"><u>OR</u></p> <p>Chicken, Tuna or Cheese Sandwich & Salad (Please choose filling)</p> <p align="center">~</p> <p>Chocolate Flavoured Muffin with Custard</p> <p align="center"><u>OR</u></p> <p>Fruit or Yoghurt</p> <p align="center">~</p> <p>Milk or Water</p> <p align="center">~</p> <p>Bread Basket available every day</p>	<p><u>SET MEAL</u></p> <p>Roast Chicken, Gravy, Mashed & Dry Roast Potatoes, Cabbage or Broccoli</p> <p align="center"><u>OR</u></p> <p>Minced Beef Pie, Mashed & Dry Roast Potatoes, Cabbage or Broccoli</p> <p align="center"><u>OR</u></p> <p>Chicken, Tuna or Cheese Tortilla Wrap & Salad (Please choose filling)</p> <p align="center">~</p> <p>Carrot Cake with Fruit or Yoghurt</p> <p align="center"><u>OR</u></p> <p>Fruit or Yoghurt</p> <p align="center">~</p> <p>Milk or Water</p> <p align="center">~</p> <p>Bread Basket available every day</p>	<p><u>SET MEAL</u></p> <p>Breaded Fish Bites, Potato Wedges, Chilli Sauce, Peas or Coleslaw</p> <p align="center"><u>OR</u></p> <p>Cheese & Tomato Pizza, Potato Wedges, Chilli Sauce, Peas or Coleslaw</p> <p align="center"><u>OR</u></p> <p>Chicken, Tuna or Cheese Sandwich & Salad (Please choose filling)</p> <p align="center">~</p> <p>Rice Pudding with Peaches</p> <p align="center"><u>OR</u></p> <p>Fruit or Yoghurt</p> <p align="center">~</p> <p>Milk or Water</p> <p align="center">~</p> <p>Bread basket available every day</p>	<p><u>SET MEAL</u></p> <p>Lasagne, Chips or Baked Potato, Salad or Sweetcorn</p> <p align="center"><u>OR</u></p> <p>Hot Dog, Chips or Baked Potato, Salad or Sweetcorn</p> <p align="center"><u>OR</u></p> <p>Ham, Tuna, Chicken or Cheese Tortilla Wrap & Salad (Please choose filling)</p> <p align="center">~</p> <p>Fruit or Yoghurt</p> <p align="center">~</p> <p>Milk or Water</p> <p align="center">~</p> <p>Bread basket available every day</p>
TOTAL: £2.60	TOTAL: £2.60	TOTAL: £2.60	TOTAL: £2.60	TOTAL: £2.60

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