

WEEKLY SET MEAL MENU - WEEK 1

**** HAM ONLY AVAILABLE ON TUESDAY THIS WEEK ****

FRESH FRUIT, BREAD, YOGHURT AND MILK AVAILABLE DAILY

Name: _____ MONDAY 29 th January	Name: _____ TUESDAY 30 th January	Name: _____ WEDNESDAY 31 st January	Name: _____ THURSDAY 1 st February	Name: _____ FRIDAY 2 nd February
<u>SET MEAL</u>	<u>SET MEAL</u>	<u>SET MEAL</u>	<u>SET MEAL</u>	<u>SET MEAL</u>
Spaghetti Bolognese & Cheese	Vegetable Soup with Chicken Burger in Bap	Roast Beef, Gravy, Mashed & Dry Roast Potatoes, Carrot & Parsnip Mash	Chicken Curry, Boiled Rice & Naan Bread	Oven Baked Crumbed Salmon Bites with Chips or Noodles & Peas
<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>
Home-made Cheese Pizza, Diced Potatoes & Salad	Cottage Pie, Gravy, Mashed Potatoes & Mixed Vegetables	Chicken Casserole, Mashed & Dry Roast Potatoes, Carrot & Parsnip Mash	Chicken & Broccoli Pasta Bake with Sweetcorn	Chicken & Vegetable Stir Fry, Chips or Noodles & Peas
<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>
Chicken, Tuna or Cheese Tortilla Wrap & Salad (Please choose filling)	Ham, Tuna, Chicken or Cheese Sandwich & Salad (Please choose filling)	Chicken, Tuna or Cheese Tortilla Wrap & Salad (Please choose filling)	Chicken, Tuna or Cheese Sandwich & Salad (Please choose filling)	Chicken, Tuna or Cheese Tortilla Wrap & Salad (Please choose filling)
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Apple Crumble & Custard	Flakemeal Biscuit with Fruit or Yoghurt	Jelly, Fruit & Ice-Cream	Chocolate Brownie with Fruit or Yoghurt	
<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>	
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
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 ****