JANUARY2019MENU.ARMAGHCBS

	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 7/1/19----11/1 /19	Homemade Vegetable Soup Steak Burger in Bap with Cheese or Tuna Wrap with a selection of Salads. Shortbread & Fruit Yoghurt	Chicken Pasta, or Fish Fingers & Parsley Sauce Sweet corn, or Side Salad, Mashed Potatoes or Chips. Flake meal Apple Crumble & Custard. Fresh Fruit	Roast Turkey, & Stuffing or Salmon Fish Cake with Gravy, Carrots or Broccoli, Dry Oven Roast & Mashed Potatoes Ice Cream Fresh Fruit	Chicken Curry, or Oven Cooked Bacon & Stuffing Turnip or Peas & Rice or Mashed Potatoes Banana Cake & Custard Fresh Fruit	Chicken Stir Fry or Chicken Nuggets Chips/ Mashed Potato Baked Beans, Rice & Gravy or Curry Sauce. Ice cream Fresh Fruit
week2 14/1/19---18/1 /19	Spaghetti Bolognaise, or Bacon Slice, Stuffing, Cauliflower or Peas, Mashed Potatoes Lemon & Orange Sponge & Custard Fresh Fruit	Chicken Curry & Boiled Rice or Fish Fingers with Gravy Baton Carrots or Peas, Mashed Potatoes. Apple Cake & Custard. Fresh Fruit	Roast Pork & Stuffing or Macaroni Cheese with Gravy, Carrot & Broccoli Dry Oven Roast & Mashed Potatoes. Frozen Yoghurt Fresh Fruit	Chicken a la King & Boiled Rice or Oven Baked Sausages, Gravy Mixed Vegetables or Peas, Mashed Potatoes. Rice Pudding & Fruit. Fresh Fruit	Spicy Chicken Wrap or Cheese & Tomato Pizza with Beans or Side Salad, Mashed Potato or Chips with Gravy or Curry Sauce & Pasta. Ice Cream Fresh Fruit
week3. 21/1/19--25/1 /19	Irish Stew or Chicken Pasta with Chilli Sauce, Baton Carrots or Peas, Mashed Potatoes or Homemade Bread Chocolate & Orange Cake & Custard Fresh Fruit	Chicken Curry & Boiled Rice or Oven Baked Sausages, Gravy Mixed Vegetables or Peas, Mashed Potatoes. Semolina & Fruit Fresh Fruit	Roast Turkey& Stuffing, or Macaroni Cheese with Gravy, Peas or Turnip, Dry Oven Roast & Mashed Potatoes Ice Cream Fresh Fruit	Savoury Mince, or Chicken with Peppered Sauce & Rice Gravy, Mixed Vegetables & Broccol Mashed Potatoes Banana Cake & Custard. Fresh Fruit	Spicy Chicken Wrap or Fish Fingers, Beans or Side Salad, Mashed Potato or Chips with Gravy or Curry Sauce & Pasta. Frozen Yoghurt Fresh Fruit
week4 28/1/19---1/2 /19. MENU SUBJECT TO DELIVERIES.	BBQ Chicken Drumstick, or Chicken Fricasse, Gravy, Peas & Sweetcorn, Mashed Potatoes or Oven Baked Wedges. Flake Meal Biscuit & Fruit Yoghurt	Lasagne or Fish Fingers with Peas or Tossed Salad, Homemade Oven Baked Wedges, Mashed Potatoes & Rice. Rice Pudding & Fruit. Fresh Fruit.	Roast Pork & Stuffing or Macaroni Cheese with Gravy, Carrot & Broccoli Dry Oven Roast & Mashed Potatoes. Ice Cream Fresh Fruit	Chicken Curry & Boiled Rice or Oven Baked Sausages, Gravy Mixed Vegetables or Peas, Mashed Potatoes. Semolina & Fruit Fresh Fruit	Cheese & Tomato Pizza or Tuna Wrap, Tossed Salad, or Baked Beans, Mashed Potato or Chips with Gravy or Curry Sauce & Rice. Ice Cream Fresh Fruit

school food

try Something New today

www.schoolfoodni.com

Bread, Fresh Fruit, Milk and Water are available daily.

If your require any additional information on allergens or special diets please contact the school in the first instance.

