## JUNE2019MENU.ARMAGHCBS

|  | Monday | Iuesclay | Wednesday | Thursclay | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| week 1 $\begin{aligned} & 3 / 6 / 19---7 / 6 / \\ & 19 \end{aligned}$ | BBQ Chicken Drumstick, or Chicken Fricasse, Gravy, Peas \& Sweetcorn, Mashed Potatoes or Oven Baked Wedges. <br> Flake Meal Biscuit \& Fruit Yoghurt | Lasagne or Fish Fingers with Peas or Tossed Salad, Homemade Oven Baked Wedges, Mashed Potatoes \& Rice. <br> Rice Pudding \& Fruit. Fresh Fruit. | Roast Pork \& Stuffing or Macaroni Cheese with Gravy, Carrot \& Broccoli Dry Oven Roast \& Mashed Potatoes. <br> Ice Cream <br> Fresh Fruit | Chicken Curry \& Boiled Rice or Oven Baked Sausages, Gravy Mixed Vegetables or Peas, Mashed Potatoes. <br> 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 |
| week2 $\begin{aligned} & 10 / 6 / 10---14 / \\ & 6 / 19 \end{aligned}$ | Spaghetti Bolognaise, or Bacon Slice, Stuffing, Cauliflower or Peas, Mashed Potatoes <br> Lemon \& Orange Sponge \& Custard Fresh Fruit | Chicken Curry \& Boiled Rice or Fish Fingers with Gravy Baton Carrots or Peas, Mashed Potatoes. <br> Apple Cake \& Custard. Fresh Fruit | Roast Pork \& Stuffing or Macaroni Cheese with Gravy, Carrot \& Broccoli Dry Oven Roast \& Mashed Potatoes. <br> Frozen Yoghurt Fresh Fruit | Chicken a la King \& Boiled Rice or Oven Baked Sausages, Gravy Mixed Vegetables or Peas, Mashed Potatoes. <br> 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. <br> Ice Cream Fresh Fruit |
| week3. $\begin{aligned} & 17 / 6 / 19-21 / 6 / \\ & 19 \end{aligned}$ | Irish Stew or Chicken Pasta with Chilli Sauce, Baton Carrots or Peas, Mashed Potatoes or Homemade Bread <br> Chocolate \& Orange Cake \& Custard Fresh Fruit | Chicken Curry \& Boiled Rice or Oven Cooked Bacon Gravy Mixed Vegetables or Peas, Mashed Potatoes. <br> Semolina \& Fruit Fresh Fruit | Roast Turkey\& Stuffing, or Macaroni Cheese with Gravy, Peas or Turnip, Dry Oven Roast \& Mashed Potatoes <br> Ice Cream Fresh Fruit | Lasagne or Oven Cooked Sausages with Peas or Tossed Salad, Homemade Oven Baked Wedges, Mashed Potatoes \& Rice. <br> Rice Pudding \& Fruit. Fresh Fruit. | Spicy Chicken Wrap or Fish Fingers, Beans or Side Salad, Mashed <br> Potato or Chips with <br> Gravy or Curry Sauce \& P <br> Ice Cream. <br> Fresh Fruit |
| week4 24/6/19---28/ <br> 6/19. <br> MENU <br> SUBJECT TO <br> DELIVERIES. | Homemade Vegetable <br> Soup <br> Steak Burger in Bap with <br> Cheese or Tuna Wrap with a selection of Salads. <br> Shortbread \& Fruit Yoghurt | Chicken Pasta, or Fish Fingers \& Parsley Sauce Sweet corn, or Side Salad, Mashed Potatoes or Chips. <br> Rice Pudding \& Fruit. Fresh Fruit | Roast Turkey, \& Stuffing or Salmon Fish Cake with Gravy, Carrots or Broccoli, Dry Oven Roast \& Mashed Potatoes <br> Ice Cream Fresh Fruit | Chicken Curry, or Oven Cooked Sausages with Turnip or Peas \& Rice or Mashed Potatoes <br> Semolina \& Fruit Fresh Fruit |  |

## school food

 tmymatray yontritey www.schoolfoodni.comBread, 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


