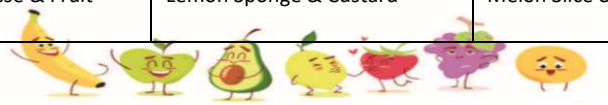
School Lunch Menu: Saintfield Central

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 **03/01/22** **31/01/22** **28/02/22** **28/03/22**	Breast of Chicken Curry with Boiled Rice, Naan Bread Fresh Sliced Carrots Medley of Fresh Vegetables Carrot Cake & Custard	Oven Baked Breaded Chicken Goujons Selection of Dipping Sauces Garden Peas Selection of Salads Mashed Potato Fresh Fruit & Yoghurt	Steak Casserole Crusty Bread Fresh Diced Turnip Tossed Salads Mashed Potato Ice Cream & Chocolate Sauce	Roast Loin Pork Apple Sauce Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Dry Oven Roast Potatoes Mashed Potato Fresh Fruit salad & Yoghurt	Salmon Fishcake Sweetcorn Crunchy Coleslaw Pasta Salad, Tossed Salad Chips Chilli Baby Boiled Potato Flakemeal Biscuit & Yoghurt
WEEK 2 **10/01/22** **07/02/22** **07/03/22** **04/04/22**	Spaghetti Bolognaise Grated Cheese Sliced Crusty Baguettes Broccoli Florets Fresh Baton Carrots Homemade Rice Pudding & Peaches	Fresh Breaded Cod Goujons with lemon slice, Tartar Sauce Baked Beans Tossed salad Mashed Potato Apple Crumble & Custard	Breast of Chicken Curry with Boiled Rice, Naan Bread Crunchy Fresh Coleslaw Garden Peas Selection of Salads Homemade Shortbread & Fruit	Roast Beef, Herb Stuffing, Gravy, Cauliflower Cheese, Fresh Diced Carrot & Parsnip Dry roast potato, mashed potato Melon Slice & Yoghurt	Breaded Chicken Goujons or Chicken Baguette Selection of Salads, Salsa Dip Sweetcorn Chips Baked Potato Jelly & Ice Cream
WEEK 3 **17/01/22** **14/02/22** **14/03/22** **11/04/22**	Breast of Chicken Curry with Boiled Rice, Naan Bread French Green beans Tossed salad Flakemeal Biscuit & Mandarin orange	Breaded Cod Fish Fingers Baked Beans Sweetcorn Mashed Potato Swiss Roll & Custard	Savoury Mince & Onion Fresh Baton Carrots Broccoli Florets Mashed Potato Chocolate and Orange Sponge & Custard	Roast Turkey, Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot & Parsnip Fresh Savoy Cabbage Dry Oven Roast Potatoes Mashed Potato Fresh Fruit salad & yoghurts	Hotdog, Sauté Onions Carrot and Cucumber sticks With Homemade Garlic Dip Peas Chips or Baby Boiled Potatoes Raspberry ripple Ice Cream & Fresh Fruit
WEEK 4 **24/01/22** **21/02/22** **21/03/22**	Fresh Breaded Cod Fillets Lemon Slice and Tartar Sauce, Baked Beans Carrot and Cucumber Sticks Mashed Potato Flakemeal Biscuit & Fruit	Irish Stew Homemade Wheaten Bread Broccoli Florets Sweetcorn Strawberry Mousse & Fruit	Breast of Chicken Curry with Boiled Rice, Naan Bread Garden Peas Mashed Fresh Turnip Lemon Sponge & Custard	Roast Beef Herb Stuffing, Gravy Cauliflower with Cheese Sauce Fresh Baton Carrots Dry Oven Roast Potatoes Mashed Potato Melon Slice & Yoghurts	Homemade Marguerita Pizza Crunchy Fresh Coleslaw Tossed salad Pasta Salad Baked Potato Chips Artic Roll & Jelly & Fresh fruit

Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily

Selection of salads available daily

If You Require Any Additional Information on Allergens or Special Diets Please Contact the School to complete a Special Diets Application Form