

January 2018

Ballydown Primary School Menu

	Week Commencing 8.1.18	Week Commencing 15.1.18	Week Commencing 22.1.18	Week Commencing 29.1.18
<u>Monday</u>	Grilled Bacon & Stuffing or Fish Fingers, Peas Sweetcorn Mashed Potato, Pasta Gravy. Ice Cream, Fruit Salad or Yoghurt	Chicken Crumble or Fish Fingers Carrots, Peas Mashed or Cheesy Baked Potato, Gravy. Frozen Mousse & Fruit	Chicken Korma & Rice With Naan Bread or Homemade Pizza or Pepperoni Pizza Sweetcorn, Mashed or Baked Potato Gravy. Yoghurt, Grapes.	Sweet Chilli Chicken & Noodles or Oven Baked Sausages, Carrots Baked Beans Mashed or Baked Potato, Gravy. Melon Flake Meal Biscuit
<u>Tuesday</u>	Chicken Nuggets or Chicken or Salmon Wrap, Gravy, Mixed Vegetables Mashed Potato Chips. Jelly Tub & Fruit	Chicken & Rice Stir Fry or Homemade Pizza Sweetcorn Baked Beans, Pasta Mashed Potato Gravy. Rice Pot & Fruit	Meat Balls in Bolognese Sauce with Healthy Garlic Bread or Fish Fingers , Mixed Vegetables Mashed Potato/ Pasta Gravy. Jelly Tub & Fruit.	Chicken Goujons Oven Baked or Salmon or Chicken Wrap Salad Bar Peas Mashed Oven Diced Potato Gravy. Frozen Yoghurt & Fruit
<u>Wednesday</u>	Savoury Mince or Oven Baked Cocktail Sausages Gravy, Sweetcorn Baked Beans Mashed Potato Pasta Grapes & Frozen Yoghurt	Braised Steak & Onion or Roast Chicken & Stuffing Carrot & Parsnip Broccoli, Mashed Oven Roast Potato Gravy. Fruit Salad or Yoghurt.	Roast Turkey & Stuffing or Roast Pork & Apple Sauce Carrot & Parsnip Broccoli, Mashed Oven Roast Potato, Gravy. Fruit & Custard or Yoghurt	Pasta Bolognese With Healthy Garlic Bread or Fish Fingers Sweetcorn, Salad Bar Mashed Potato Gravy. Jelly Tub & Fruit
<u>Thursday</u>	Roast Chicken & Stuffing or Macaroni Cheese, Carrot & Parsnip, Broccoli Mashed / Oven Roast Potato Gravy Flake Meal Biscuit & Fruit	Lasagne & Healthy Garlic Bread or Steak Burger Peas Salad Bar Mashed Potato, Chips Gravy. Jelly Tub & Fruit	Cottage Pie or Grilled Bacon & Stuffing Baked Beans Carrots , Mashed Potato Chips Gravy. Shortcake or Yoghurt	Baked Gammon or Roast Chicken & Stuffing, Cauliflower Cheese Carrots, Mashed & Oven Roast Potato Gravy. Date Square & Fruit
<u>Friday</u>	Chicken Curry & Rice With Naan Bread or Chicken Baguette Sweetcorn Peas, Mashed or Baked Potato Gravy. Muffin & Fruit	Chicken & Pasta Bake or Fresh Fish Goujons Carrots Cauliflower Cheese Mashed Potato, Pasta Gravy. Egg Sponge & Custard.	Homemade Chicken Soup With Crusty Bread or Wheaten Bread, Steak Burger in Bap Chicken or Cheese Wrap. Frozen Mousse Fruit Salad.	Chicken Fried Rice or Homemade Pizza, Sweetcorn Peas, Mashed Potato Pasta Gravy. Fruit Muffin & Fruit

Selection of Salads available on marked days .

Bread Basket, Milk and Fresh Fruit available daily

If a child has an allergy, please contact the Principal/unit catering supervisor

Dinners (1)2.60, (2)5.20, (3)7.80, (4)10.40, (5)13.00

DINNER MONEY IS TO BE FORWARDED ON MONDAY OF EACH WEEK

STRICT ADHERENCE TO MONEY BEING ACCURATE IS REQUIRED