

CARR'S GLEN PRIMARY CHOICE MENU WEEKS 1 - 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 04/11/19	Oven Baked Pork Sausages Baked Beans / Peas Mashed Potatoes Ham & Cheese Baguette Creamed Rice Pudding Fruit Salad	Pasta Bolognaise Savoury Minced Beef Carrots Mashed Potatoes Fruit Sponge Custard Sauce	Roast Chicken Gravy/Stuffing Sweet corn Mashed & Roast Potatoes Flake Meal Biscuit Fruit & Milkshake	Salmon Fish Cakes Peas/Green Beans Mashed Potatoes Chips Fish Fingers Jelly / Fruit & Ice Cream	Vegetable Soup Beef Burger & Bap Coleslaw/Salad Chicken Fajita Frozen Yoghurt Fresh Fruit
Week Two 11/11/19	Savoury Mince Beef Carrots & Parsnips Mashed Potatoes Beef Stew Flake Meal Biscuits Fruit & Milkshake	Mild Chicken Curry Boiled Rice/Naan Bread Chicken Casserole Sweet Corn Mashed Potatoes Chocolate Sponge Custard Sauce	Roast Gammon Gravy / Cabbage Mashed & Roast Potatoes Yoghurts Fruit Salad	Pork Sausages Baked Beans/ Green Beans Mashed potatoes Sausage Meat Pie Chocolate Muffin Fruit & Milkshake	Cod Fish Fingers Peas/Salad/Coleslaw Mashed Potatoes Chicken Pasta Fruit Crumble/Fruit Custard Sauce
Week Three 18/11/19	Pasta Bolognaise Beef Casserole Diced Turnip Mashed Potatoes Creamed Rice Pudding Fruit Salad	Chicken Fillets Gravy / Sweet Corn Mashed Potatoes Chicken Curry & Boiled Rice Jelly & Fruit Salad	Roast Beef Gravy/Stuffing Carrots/Green Beans Mashed & Roast Potatoes Fruit Muffins Fruit & Milkshake	Whiting Fillet in Breadcrumbs Baked Beans / Peas Baked Potatoes/Chips Cheese & Tomato Pizza Yoghurt & Fresh Fruit	Chicken & Vegetable Soup Hotdogs Salad/Coleslaw Filled Baguettes Frozen Mousse & Fresh Fruit
Week Four 25/11/19	Chicken Nuggets Beans/Coleslaw/Peas Mashed Potatoes Chips Cheese & Tomato Pizza Yoghurts & Fresh Fruit	Beef Burger & Gravy Carrots Mashed Potatoes Lasagne & Salad Wheaten Bread Fruit Sponge Custard Sauce	Roast Turkey Gravy/Stuffing Carrots/Broccoli Mashed & Roast Potatoes Flake Meal Biscuit Fruit & Milkshake	Beef Casserole Cabbage/Turnip Mashed Potatoes Boiled Rice Savoury Minced Beef Ice Cream/Fruit Salad Chocolate Sauce	Salmon Fish Shapes Sweet Corn Mashed Potatoes Chicken Casserole Chocolate Sponge Custard Sauce

Years 4 – 7 November 2019

**school
food**

try something new today

www.schoolfoodni.com

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

If you require any additional information on allergens or Special diets please contact the school in the first instance

