

CARR'S GLEN PRIMARY NO CHOICE MENU Weeks 1 – 4

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

Years 1 - 3 - 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

