

# Saintfield Central School Meals Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>WEEK 1</b> 19/09/22 17/10/22 14/11/22 12/12/22	Breaded Chicken Goujons Sweetcorn, Mashed Potatoes Salad Selection  Vanilla Ice Cream, Oranges and Chocolate Sauce	Breaded Fish Fingers Baked Beans Mixed Vegetables Mashed Potato  Fresh Fruit Selection & Yoghurt	Breast of Chicken Curry & Rice Naan Bread Garden Peas  Jam & Coconut Sponge & Custard	Roast Beef Traditional Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Oven Dry Roast & Mashed Potatoes  Frozen Yoghurt & Fresh Fruit Selection	Steak Burger with Bap Tossed Salad/Coleslaw Chips Baked Potato  Flakemeal Biscuits & Fresh Fruit Chunks
<b>WEEK 2</b> 29/08/22 26/09/22 24/10/22 21/11/22 19/12/22	Spaghetti Bolognese Crusty Bread Tossed salad  Melon, Cheese & Crackers	Breaded Fish Goujons Sweetcorn Mashed Potato  Flakemeal Biscuit & Fresh Fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas  Chocolate Sponge & Custard	Roast Pork Traditional Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Fresh Fruit Selection & Yoghurt	Breaded Chicken Bites Beans Chips Baked Potato Coleslaw  Jelly, Ice Cream and Fresh Fruit
<b>WEEK 3</b> 05/09/22 03/10/22 31/10/22 28/11/22	Pasta Bolognese Crusty bread Sweetcorn  Raspberry Ripple Ice Cream & Fresh Fruit Chunks	Salmon Fish Cake/Breaded Fish Baked Beans Mashed Potato  Frozen Smoothie & Fresh Fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas  Fruit Sponge & Custard	<i>Roast Pork</i> Traditional stuffing Gravy Carrot & Parsnip Oven Dry Roast & Mashed Potato  Popcorn Cookies & Watermelon Chunks	Burger in a Bap Coleslaw Tossed Salad Chips Baked Potato  Fresh Fruit Selection & Yoghurts
<b>WEEK 4</b> 12/09/22 10/10/22 07/11/22 05/12/22	Oven Baked Sausages Baked Beans Mashed potatoes  Arctic Roll & Selection of Fresh Fruit	Breaded Fish Fillets Sweetcorn & Peas Mashed Potato  Melon, Cheese & Crackers	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Baked Potato  Fruit Sponge & Custard	Roast Beef Traditional stuffing Gravy Savoy cabbage Oven Roast Dry & Mashed Potato  Fresh Fruit Selection & Yoghurt	Steak Burger in a Bap Chips Baked Potato Tossed Salad Coleslaw  Flakemeal Biscuit & Fruit Chunks

*Our menu is prepared with fresh ingredients and is suitable for Vegetarians, Vegans, Halal, Kosher, Gluten Free, Dairy Free, Lactose Intolerant, and Nut Allergies.*

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

**Menu choices subject to deliveries**



**Fresh Fish May Contain Bones**