Ballinamallard P.S.

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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Spaghetti Bolognaise &	Homemade Breaded Chicken	Breast of Chicken Curry with	Roast Breast of Chicken Or	Oven Baked Sausage Or
13 th Feb	Homemade Garlic Bread Or	Goujons & Dip Or	Boiled Rice & Naan Bread Or	Roast Pork	Peppered Chicken
	Ham & Cheese Melt	Chicken Wrap	Oven Baked Breaded Fish	Traditional Stuffing	Baked Beans
13 th Mar	Garden Peas	Fresh Diced Carrots	Fingers	Fresh Diced Carrots	Garden Peas
10 th Apr	Salad Selection	Salad Selection	Sweetcorn	Broccoli Florets	Tossed Salad
8 th May	Mashed Potato	Mashed Potato	Cauliflower Mornay	Mashed Potato	Baked Potato
5 th June	Hot Pasta Twists / Gravy	Herb Diced Potatoes	Mashed Potato	Dry Oven Roast Potato	Chips
5 Julie		Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy
	Sponge with Jam Topping &	Jelly & Ice-Cream Slice with	Fresh Fruit Or	Rice Krispie Square &	Ice-Cream Tub &
	Custard	Orange Segments	Fresh Yoghurt	Custard	Fruit Pieces
WEEK 2	Ham & Cheese Pizza Or	Breast of Chicken Curry with	Italian Pasta Bake &	Roast Breast of Chicken Or	Homemade Breaded Chicken
20 th Feb	Chicken Crumble	Boiled Rice & Naan Bread Or	Homemade Garlic Bread Or	Chicken Pasta Bake	Nuggets Or
	Garden Peas	Steak Burger	Fresh Breaded Fish Goujons	Traditional Stuffing	Beef Lasagne
20 th Mar	Tossed Salad	Broccoli Florets	Baked Beans	Fresh Diced Carrots / Parsnip	Sweetcorn
17 th Apr	Mashed Potato	Fresh Diced Carrots	Sweetcorn / Garden Peas	Mashed Potato	Salad Selection
15 th May	Herb Diced Potatoes	Mashed Potato	Mashed Potato	Dry Oven Roast Potato	Mashed Potato
12 th June	Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	Chips
12 June					Hot Pasta Twists / Gravy
	Flakemeal Biscuit &	Muffin &	Jelly & Ice-Cream Slice Or	Fruit Sponge &	Frozen Yoghurt &
	Water Melon Slice	Custard	Fresh Fruit	Custard	Fruit Pieces
WEEK 3	Oven Baked Breaded Fish	Breast of Chicken Curry with	Homemade Breaded Chicken	Oven Baked Gammon Or	Oven Baked Sausages Or
27 th Feb	Fingers Or	Boiled Rice & Naan Bread Or	Goujons & Dip Or	Chicken & Pasta Bake	Macaroni Cheese
27 th Mar	Savoury Mince	Chicken Panini	Cottage Pie	Traditional Stuffing	Garden Peas
	Fresh Diced Carrots	Sweetcorn	Baked Beans	Fresh Baton Carrots	Coleslaw
24 th Apr	Garden Peas	Broccoli Florets	Fresh Diced Turnips	Cauliflower Mornay	Baked Potato
22 nd May	Mashed Potato	Mashed Potato	Salad Selection	Mashed Potato	Chips
19 th June	Hot Pasta Twists / Gravy	Herb Diced Potatoes	Mashed Potato	Dry Oven Roast Potato	Hot Pasta Twists / Gravy
25 54		Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy	
	Fresh Fruit Or	Jelly &	Rice Pudding Or Fresh Yoghurt	Ginger Biscuit &	Ice-Cream &
	Fresh Yoghurt	Fruit Pieces	Or Fresh Fruit	Custard	Fruit Pieces
WEEK 4	Steak Burger Or	Pasta Bolognaise &	Breast of Chicken Curry with	Roast Breast of Chicken Or	Homemade Margherita Pizza
6 th Mar	Stuffed Bacon Roll	Homemade Garlic Bread Or	Boiled Rice & Naan Bread Or	Flaked Salmon Wrap	Or Marinated Chicken & Veg
3 rd Apr	Baked Beans	Fresh Breaded Fish Goujons	Oven Baked Sausage	Traditional Stuffing	Stir Fry with Noodles
•	Sweetcorn	Fresh Baton Carrots	Garden Peas	Broccoli Florets	Sweetcorn
1 st May	Broccoli Florets	Salad Selection / Parsley Sauce	Salad Selection	Tossed Green Salad	Salad Selection
29th May	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato
26 th June	Hot Pasta Twists / Gravy	Herb Diced Potatoes	Hot Pasta Twists / Gravy	Dry Oven Roast Potato	Chips
		Hot Pasta Twists / Gravy		Hot Pasta Twists / Gravy	Hot Pasta Twists / Gravy
	Fresh Fruit Or	Eton Mess	Fresh Fruit Salad	Chocolate Brownie &	Ice-Cream &
	Fresh Yoghurt	(Meringue, Fruit-& Yoghurt)	Jelly	Custard	Fruit Pieces

Breads Milk, Water Fresh Fruit, Yoghurt **Available Daily**

Potato Salad Rice Salad Coleslaw **Tossed Salad** Lettuce **Cherry Tomato Carrot Sticks Cucumber Sticks Diced Red Peppers Red Onion** Radish **Beetroot**

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

