

# Fermagh Area School Menu 19/20

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 6/9</b> 4/10, 01/11, 29/11, 27/12, 24/01, 21/02, 20/03, 17/04, 15/05, 12/06.	Spaghetti Bolognaise Oven Baked Sausage Carrots & Sweetcorn Mashed & Baked Potatoes Milk/Bread/Salad Yoghurt & Fruit Ice Cream Wafers (H)	Baked Gannion Chicken & Pasta Bake Cabbage & Carrots & Parsnips/Gravy Dry Oven Roast & Mashed Potato Yoghurt & Fruit Flakemeal biscuit & Custard	Home Made Soup Potato & Bread Beef burger & Bap Side Salad Yoghurt & Fruit Milk/Bread/Salad Brownie / Cup Cake Milkshake (H)	Chicken Curry & Rice Cheese and Tomato Pizza Baked Beans / Sweetcorn Mashed Potatoes / Chips Nann Bread Milk/Bread/Salad Fruit Sponge & Custard Yoghurt & Fruit (RMF)	Oven Baked Crumbed Fish & Lemon Chicken Wrap/ Panini Broccoli Mashed & Diced Potatoes Milk/Bread/Salad Cookie & Custard Yoghurt & Fruit (RMF)
<b>Week 2 13/09</b> 11/10, 08/11, 06/12, 03/01, 31/01, 28/02, 27/03, 24/04, 22/05, 19/06	Cottage Pie or Sav Mince Stuffed Bacon Rolls Bacon/Stuffing/Gravy Broccoli & Carrots Mashed Potato /Pasta Milk/Bread/Salad Fruit Krispie Squares & Custard Yoghurt & Fruit (H)	Beef Curry & Rice Beef stew Chicken Goujons /Bites Sweet corn & Mixed Vegetables Mashed Potatoes /Naan Bread Yoghurt & Fruit Dec Bun & Custard	Oven Baked Crumbed Fish Chicken Pie / Bake Baked Beans/ Peas Mashed Potato / Parsley Sauce (RMF) Milk/Bread/Salad Swiss Roll / Custard Yoghurt & Fruit	Roast Chicken Stuffing & Gravy Macaroni Cheese Ham Carrots & Cauliflower Dry Oven Roast & Mashed Potato Yoghurt & Fruit Apple Sponge/ Sponge & Custard (H)	Chilli Chicken Wrap Oven Baked Sausages Side Salad Sweetcorn / Peas Mashed Potatoes & Chips Milk/Bread Ice Cream & Jelly Yoghurt & Fruit(RMF)
<b>Week 3 20/09</b> 18/10, 15/11, 13/12, 10/01, 07/02, 06/03, 03/04, 01/05, 29/05, 26/06	Chicken Curry & Rice Oven Baked Fish/Lemon Sweetcorn & Carrots Mashed & Diced Potatoes Milk/Bread/Salad Milk Pudding & Fruit/ Fruit Muffin & Custard Yoghurt & Fruit(RMF)	Roast Pork /Chicken Lasagne Stuffing & Gravy Carrots/Cauliflower Mashed & Dry Oven Roast Potatoes Fork/Cronflake Biscuit Yoghurt & Fruit(H)	Homemade Soup Veg/Potato Hot Dog Homemade Wheaten Bread Milk/Bread/Salad Ice Cream Tub Yoghurt & Fruit	Bolognese Tomato Pasta Steak Burger Baked Beans & Broccoli Mashed & Baked Potatoes Milk/Bread/Salad Cheesecake Swiss Roll & Custard Yoghurt & Fruit (H)	Oriental Chicken Noodles Oven Baked Fish W/See/Gravy Peas & Mixed Vegetables Mashed Potato / Wedges Milk/Bread/Salad Fruit Sponge & Custard Yoghurt & Fruit(RMF)
<b>Week 4 27/09</b> 25/10, 22/11, 20/12, 17/01, 14/02, 13/03, 10/04, 08/05, 05/06,03/07	Chicken Tikka & Rice Beef Curry & Rice Cheese & Tomato Pizza Seasonal Veg & Peas Mashed & Baby Boiled Potatoes Crunchy Fruit Crumble & Custard/ Frozen Fruit Yoghurt (H)	Roast Chicken Stuffing & Gravy Cheese Paninis Carrots & (RMF) Green Beans (H) Dry Oven Roast & Mashed Potatoes Yoghurt & Fruit Fruit Cracknel & Custard	Oven Baked Sausage Chicken Str -Fry with Rice Sweet Corn / Baked beans Mashed Potato / Chips Milk/Bread/Salad Fruit Cookie & Custard Fruit & Yoghurt	Cottage Pie/Sav Mince Salmon Cake & Lemon Mixed Veg & Peas Mashed & Baked Potato Milk/Bread/Salad Chocolate Fruit Sponge & Custard Yoghurt & Fruit	H/M Chicken Goujons Pasta Bake/ Tuna Sandwich Sweet Corn & Coleslaw Mashed & Herb Diced Milk/Bread/Salad Ice Cream / Fruit Chocolate Sauce Yoghurt & Fruit(RMF)

Allergen/Special diet Information is available on request from your designated School Catering Supervisor

# School food

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IN ADDITION TO YOUR DAILY MENU:

HOMEMADE BREAD  
 FRESH FRUIT  
 SELECTION OF SALAD  
 YOGHURT

