

Chapel Road PS

Winter Menu 2019/2020

school food

try something new today

www.schoolfoodni.com

**Bread, salad, fruit,
yoghurt, milk and
water**

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 4th Nov 2nd Dec 30th Dec 27th Jan 25th Feb 23rd Mar	Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Flakemeal Biscuits / Fruit Custard (RMF)	Spaghetti Bolognaise Savoury Pizza Salad, Broccoli & Carrots Mashed Potatoes Fruit Muffin / Fruit Custard (H)	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Fruit Salad Ice Cream (H)	Chicken Goujons Savoury Panini Green beans Herb Diced/Creamed Potatoes Salad Semolina / Fruit Crackers & Cheese	Oven Baked Sausages Irish Stew Baked Beans / Carrots Salad Chips / Mashed Potato Decorated Sponge / Fruit Custard
Week Two 11th Nov 9th Dec 6th Jan 3rd Feb 2nd Mar 30th Mar	Oven Baked Fish Cheese / Chicken Paninis Peas Salad Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)	Chicken Curry & Rice Oven Baked Sausages Mixed Vegetables, salad Mashed / Baked Potatoes Fruit / Ice Cream (RMF)	Roast Meat Dinner Stuffing & Gravy / Salad Dry Oven Roast / Mashed Potatoes Baton Carrots/Cabbage Wholemeal Biscuits Fruit / Custard (H)	Cottage Pie Cheese & Tomato Pizza Baked Beans / Broccoli Oven Dice/ creamed potato Salad Rice Pudding & Fruit Cheese & Biscuits (H)	Home Made Beef Burger & Bap / Salad Savoury Pasta Bake Sweetcorn / Green Beans Chips / Mashed Potatoes Fruit Sponge / Fruit Custard
Week Three 18th Nov 16th Dec 13th Jan 10th Feb 9th Mar 6th Apr	Spaghetti Bolognaise Oven Baked Chicken Nuggets Carrots / salad Baby Boiled / Mashed Potatoes Jelly / Fruit Ice Cream	Filled Baguettes / Paninis Oven Baked Beef Burgers & Onion Gravy Peas / Sweetcorn Herb Dice / Mashed Potato / Salad Fruit Cookies / Fruit Custard (H)	Roast Chicken/Turkey Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Fruit Sponge / Fruit Custard (RMF) (H)	Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas Mashed Potatoes Salad Fruit Salad / Yoghurt Custard (RMF)	Hot Dogs Lasagne Baked Beans / Carrots Tossed salad / Coleslaw Chips / Mashed Potatoes Wholemeal Biscuits Fruit / Custard
Week Four 25th Nov 23rd Dec 20th Jan 17th Feb 16th Mar	Home Made Chicken Goujons Cottage Pie Broccoli / Carrots Mashed Potatoes Rice Pudding / Fruit Frozen Yoghurt	Oven Baked Fish Savoury Pizza Green Beans/Mixed Vegetables Salad Creamed potato Fruit Sponge/ Fruit Custard (RMF)	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Turnips / Carrots Salad Fruit Sponge / Fruit Custard (H)	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffins / Fruit Custard (H)	Oven Baked Sausages Pasta Bake Baked Beans / Peas & Sweetcorn Salad Chips / Mashed Potato Flakemeal Biscuits / Fruit Custard (RMF)

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Friday