

	Monday	Tuesday	Wednesday	Thursday	Friday
Loughries IPS					
Week 1					
Week beginning:					
11/09/23	Classic Margherita Pizza	Savoury Mince Pie Or Fish Goujon in Taco Shell with Tomato Salsa	Chicken Curry & Naan Bread	Roast Gammon Stuffing & Rich Gravy	Hotdog with Tomato Ketchup
09/10/23	Broccoli/Coleslaw	Baton Carrots	Garden Peas/Sweetcorn	Carrot & Parsnip/ Savoy Cabbage	Garden Peas/Spaghetti Hoops/Salad
06/11/23	Chipped Potatoes/Baked Potato/Salad	Mashed/Baby Potatoes/Salad	Steamed Rice/Oven Baked Potato Wedges	Mashed Potato	Chipped Potatoes/Baked Potatoes
04/12/23	Banana Yogurt Pot	Mandarin Orange Sponge & Custard	Strawberry Jelly, Ice Cream & Fruit		Flakemeal Biscuit & Fruit Selection
Week 2					
Week beginning:					
18/09/23	Sausage Roll	Homemade Savoury Mince	Chicken Curry & Naan Bread	Roast Turkey	Beef Burger with Tomato Ketchup
16/10/23	Baked Beans and Garden Peas	Sweetcorn/Coleslaw	Garden Peas & Sweetcorn	Stuffing & Rich Gravy	Sweetcorn/Salad
13/11/23	Chipped Potato/Jacket Potato/Salad	Mashed Potatoes	Steamed Rice	Or Poached Salmon	Chipped Potatoes/Baked Potatoes
11/12/23	Ice Cream, Chocolate Sauce & Sliced Pears	Apple Sponge & Custard	Strawberry Mousse & Fruit	Cauliflower/Broccoli Mashed Potato	Flakemeal Biscuit & Fruit Selection
Week 3					
Week beginning:					
28/08/23	Golden Crumbed Fish Fingers	Beef Meatballs with Italian Tomato & Basil Sauce	Chicken Curry & Naan Bread	Roast Chicken	Tasty Pork Sausages with
25/09/23	Baked Beans	Garden Peas/Salad	Mini corn on the cob	Stuffing & Rich Gravy	Tomato Ketchup or Gravy
23/10/23	Chipped or Mashed Potatoes/ Salad	Penne Pasta	Steamed Rice/Salad	Carrot & Parsnip/Cauliflower Cheese	Sweetcorn & Baked Beans
20/11/23	Arctic Roll with Peaches & Pears	Fresh Fruit Pot	Lemon Drizzle Cake & Custard	Mashed Potato	Chipped Potatoes/Mashed Potato
18/12/23				Fairy Cake	Fresh Fruit Selection
Week 4					
Week beginning:					
04/09/23	Ham & Cheese Pizza with Garlic Dip	Beef Bolognaise with Garlic Bread	Chicken Curry & Naan Bread	Roast Pork	Oven Baked Chicken
02/10/23	Mini Corn on the Cob/Baked Beans/Coleslaw	Baton Carrots/Salad/ Pasta Shells	Green Beans & Sweetcorn Steamed Rice/Salad	Stuffing & Rich Gravy	Goujons
30/10/23	Chipped Potato/Jacket Potato	Jelly & Fruit	Date Fudge & Custard	Cauliflower Cheese & Baton Carrots	Or Admirals Ocean Pie
27/11/23	Melon, Mandarin & Pineapple Pot			Mashed Potatoes	Garden Peas/Baked Beans
					Chipped & Jacket Potato/Salad
					Homemade Ginger Biscuit & Fruit

Breads, Milk, Water & Fresh Fruit Available Daily