

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
11 th October 2021	12 th October 2021	13 th October 2021	14 th October 2021	15 th October 2021
Oven Baked Sausages, Baked Beans, Chips or Baked Potatoes ~ Rice Pudding & Peach Slices	Chicken Curry, Brown Rice, Naan Bread & Baton Carrots ~ Milkshake, Ginger Biscuit & Melon Wedge	Fish Fingers, Garden Peas, Tomato Sauce & Mashed Potatoes ~ Fresh Fruit or Yoghurt	Roast Gammon, Shredded Cabbage, Sweetcorn, Gravy, Mashed Potatoes & Oven Roasted Potatoes ~ Ice Cream & Mandarin Orange	Chicken Wraps, Tossed Salad & Oven Baked Herb Diced Potatoes ~ Raspberry Jelly & Pineapple

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
18 th October 2021	19 th October 2021	20 th October 2021	21 st October 2021	22 nd October 2021
Cheese & Ham Panini, Tossed Salad, Chips or Baked Potato ~ Fresh Fruit or Yoghurt	Buffer Day Selection of Sandwiches, Cocktail Sausage, Chicken Goujon, Finger of Pizza & Coleslaw ~ Frozen Yoghurt & Watermelon Wedge	Steak & Onion Casserole, Diced Carrots, Mashed Potatoes ~ Milkshake, Chocolate Cookie & Orange Wedge	Roast Chicken, Stuffing & Gravy, Diced Turnip & Cauliflower, Mashed Potatoes & Oven Roast Potatoes ~ Orange Jelly & Mandarin Orange	Oven Baked Fish Fingers, Baked Beans, Mashed Potatoes ~ Fruit Sponge & Custard

SUNNYLANDS SEPTEMBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Chicken Bites, Baked Beans, Chips or Baked Potatoes	Chicken Curry and Brown Rice Naan Bread Carrots Sticks	Salmon Fish Cakes Garden Peas Tomato Sauce Mashed Potatoes	Roast Beef, Gravy Broccoli, Diced Carrots Mashed Potatoes & Oven Roast Potatoes	Spaghetti Bolognese Custard Bread
	Rice Pudding & Fruit	Milk Shake Fruit Sponge & Custard	Fresh Fruit or Yoghurt	Popcorn Cookie & Watermelon Wedge	Frozen Yogurt Mandarin Orange
Week Two	French Bread Pizza Baked Beans Chips or Baked Potato	Irish Stew Crusty Bread	Beef Burger in a Bap Tossed Salad Oven Baked Herb Dice Potatoes	Roast Loin of Pork, Gravy Diced Carrots and Parsnips Mashed Potatoes & Oven Roasted Potatoes	Breaded Fish Garden Peas Tomato Sauce Mashed Potatoes
	Frozen Yogurt Melon Wedge	Chocolate Brownie & Chocolate Sauce	Raspberry Jelly Fruit	Ice - Cream Mandarin Oranges	Fresh Fruit or Yogurt
Week Three	Oven Baked Sausages Baked Beans Chips or Baked Potatoes	Chicken Curry Brown Rice Naan Bread Baton Carrots	Breaded Fish Garden Peas Tomato Sauce Mashed Potatoes	Roast Gammon, Gravy Shredded Cabbage Sweetcorn Mashed Potatoes & Oven Roasted Potatoes	Chicken Wraps Tossed Salad Oven Baked Herb Dice Potatoes
	Rice Pudding & Peach Slices	Milkshake Ginger Biscuit & Melon Wedge	Fresh Fruit or Yoghurt	Ice - Cream & Mandarin Orange	Raspberry Jelly & Pineapple
Week Four	Cheese & Ham Panini Tossed Salad Chips or Baked Potato	BUFFET DAY Selection of Sandwiches Cocktail Sausage Chicken Goujon Finger of Pizza Coleslaw	Steak & Onion Casserole Diced Carrots Mashed Potatoes Milkshake	Roast Chicken Stuffing & Gravy Diced Turnip, Cauliflower Mashed Potatoes & Oven Roast Potatoes	Oven Baked Fish Fingers Baked Beans Mashed Potatoes
	Fresh Fruit or Yoghurt	Frozen Yogurt & Watermelon Wedge	Chocolate Cookie Orange Wedge	Orange Jelly Mandarin Orange	Fruit Sponge & Custard

School food

try something new today
www.schoolfoodni.com

Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily.

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

