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|  | **Saintfield Central School Meals Menu**  **Monday** | **Tuesday** | **Wednesday** | **Thursday** | Version 1 colour for printing (1)  **Friday** |
| **WEEK 1**  **19/09/22**  **17/10/22**  **14/11/22**  **12/12/22** | **Breaded Chicken Goujons**  **Sweetcorn,**  **Mashed Potatoes**  **Salad Selection**  **Vanilla Ice Cream, Oranges and Chocolate Sauce** | **Breaded Fish Fingers**  **Baked Beans**  **Mixed Vegetables**  **Mashed Potato**  **Fresh Fruit Selection & Yoghurt** | **Breast of Chicken Curry & Rice**  **Naan Bread**  **Garden Peas**  **Jam & Coconut Sponge & Custard** | **Roast Beef**  **Traditional Stuffing, Gravy**  **Fresh Baton Carrots**  **Broccoli Florets**  **Oven Dry Roast & Mashed Potatoes**  **Frozen Yoghurt & Fresh Fruit Selection** | **Steak Burger with Bap**  **Tossed Salad/Coleslaw**  **Chips**  **Baked Potato**  **Flakemeal Biscuits & Fresh Fruit Chunks** |
| **WEEK 2**  **29/08/22**  **26/09/22**  **24/10/22**  **21/11/22**  **19/12/22** | **Spaghetti Bolognaise**  **Crusty Bread**  **Tossed salad**  **Melon, Cheese & Crackers** | **Breaded Fish Goujons**  **Sweetcorn**  **Mashed Potato**  **Flakemeal Biscuit & Fresh Fruit** | **Breast of Chicken Curry with Boiled Rice**  **Naan Bread**  **Garden Peas**  **Chocolate Sponge & Custard** | **Roast Pork**  **Traditional Stuffing**  **Gravy**  **Cauliflower Cheese**  **Fresh Diced Carrots**  **Oven Dry Roast & Mashed Potato**  **Fresh Fruit Selection & Yoghurt** | **Breaded Chicken Bites**  **Beans**  **Chips**  **Baked Potato**  **Coleslaw**  **Jelly, Ice Cream and Fresh Fruit** |
| **WEEK 3**  **05/09/22**  **03/10/22**  **31/10/22**  **28/11/22** | **Pasta Bolognaise**  **Crusty bread**  **Sweetcorn**  **Raspberry Ripple Ice Cream &**  **Fresh Fruit Chunks** | **Salmon Fish Cake/Breaded Fish**  **Baked Beans**  **Mashed Potato**  **Frozen Smoothie & Fresh Fruit** | **Breast of Chicken Curry with Boiled Rice**  **Naan Bread**  **Garden Peas**  **Fruit Sponge & Custard** | **Roast Breast of Chicken**  **Traditional stuffing**  **Gravy**  **Carrot & Parsnip**  **Oven Dry Roast & Mashed Potato**  **Popcorn Cookies & Watermelon Chunks** | **Burger in a Bap**  **Coleslaw**  **Tossed Salad**  **Chips**  **Baked Potato**  **Fresh Fruit Selection & Yoghurts** |
| **WEEK 4**  **12/09/22**  **10/10/22**  **07/11/22**  **05/12/22** | **Oven Baked Sausages**  **Baked Beans**  **Mashed potatoes**  **Arctic Roll & Selection of Fresh Fruit** | **Breaded Fish Fillets**  **Sweetcorn & Peas**  **Mashed Potato**  **Melon, Cheese & Crackers** | **Breast of Chicken Curry with Boiled Rice**  **Naan Bread**  **Garden Peas**  **Baked Potato**  **Fruit Sponge & Custard** | **Roast Beef**  **Traditional stuffing**  **Gravy**  **Savoy cabbage**  **Oven Roast Dry & Mashed Potato**  **Fresh Fruit Selection & Yoghurt** | **Steak Burger in a Bap**  **Chips**  **Baked Potato**  **Tossed Salad**  **Coleslaw**  **Flakemeal Biscuit & Fruit Chunks** |

** ***Menu choices subject to deliveries***

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

***Breads***

***Milk, Water***

***A Choice of Fresh Fruit & Yoghurt***

***Available Daily***

***Fresh Fish May Contain Bones***