

Ballynahinch Central School Meals Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 02/01/23 30/01/23 27/02/23 27/03/23	Breaded Chicken Goujons Sweetcorn, Mashed Potatoes Salad Selection Vanilla Ice Cream, Oranges and Chocolate Sauce	Steak Casserole/Beef Strips in a BBQ Sauce 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	Breaded Fish Fingers Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks
Week 2 09/01/23 06/02/23 06/03/23 03/04/23	Pasta Bolognese Crusty Bread Tossed Salad Melon, Cheese & Crackers	Breaded Chicken Bites 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 Fish Fillets Beans Chips Baked Potato Coleslaw Jelly, Ice Cream and Fresh Fruit
Week 3 16/01/23 13/02/23 13/03/23	Pasta Bolognese Crusty Bread Tossed Salad Raspberry Ripple Ice Cream & Fresh Fruit Chunks	Beef Strips in a Spicy Sauce/Steak Casserole Baton Carrots 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	Salmon Fish Cake/Breaded Coleslaw Tossed Salad Chips Baked Potato Fresh Fruit Selection & Yoghurts
Week 4 23/01/23 20/02/23 20/03/23	Oven Baked Sausages Baked Beans Mashed potatoes Arctic Roll & Selection of Fresh Fruit	Homemade Vegetable Soup Steak Burger and Bap Saute Onions Melon, Cheese & Crackers	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Fruit Sponge & Custard	Roast Beef Traditional stuffing Gravy Savoy cabbage Oven Roast Dry & Mashed Potato Fresh Fruit Selection & Yoghurt	Breaded Fish Fillets Chips Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks

Breads
 Milk, Water
 A Choice of Fresh
 Fruit & Yoghurt
 Available Daily

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

Menu choices subject to deliveries



Fresh Fish May Contain Bones