

# Ballynahinch Central School Meals Menu

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