

Saintfield Central Kitchen Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Pasta Bolognaise	Irish Stew	Oven Baked Sausages	Roast Chicken, stuffing	Salmon Fish Cakes
1/6/2020	Tossed Salad	Carrot Batons	Baked Beans	Gravy	Peas/Sweetcorn
2/3/2020	Crusty Bread	Wheaten Bread	Mashed Potatoes	Carrot Batons	Chips/Baked Potatoes
3/2/2020			Crusty Bread	Roast & Mashed Potatoes	Sliced Bread
3/30/2020					
4/27/2020					
5/25/2020	Fruit Sponge and Custard	Frozen Strawberry Mousse	Chocolate Muffin	Ice Cream Tub & Fruit	Flakemeal biscuit/Fresh fruit
6/22/2020		Fresh Fruit	Fresh Fruit		Milkshake
Week Two	Chicken Curry & Rice	Savoury Minced Beef	Oven Baked Sausages	Roast Gammon	Cod Fish Fingers
1/13/2020	Naan Bread	Diced Carrots	Baked Beans	Stuffing, Gravy	Peas/Salad
2/10/2020		Mashed Potatoes	Mashed Potatoes	Shredded Cabbage	Chips/Baked Potatoes
3/9/2020			Crusty Bread	Roast & Mashed Potatoes	
4/6/2020					
5/4/2020					
6/1/2020	Chocolate Sponge & Custard	Flakemeal Biscuit/Fresh Fruit		Selection of yoghurts	Ice Cream & Jelly
6/29/2020		Milkshake	Fresh Fruit Salad	Slice of Melon	Fresh Fruit
Week Three	Breaded Fish	Pizza	Chicken Curry & Rice	Roast Beef	Home made Chicken &
1/20/2020	Baked Beans	Peas/Coleslaw	Naan Bread	Gravy, Stuffing	Vegetable soup
2/17/2020	Chips	Diced Potatoes/Baked Potato		Broccoli	Hot Dog
3/16/2020				Roast & Mashed Potatoes	Baked Beans
4/13/2020					
5/11/2020	Ice Cream Roll & Fruit	Vanilla cookie/ Fresh Fruit	Yogurt or Fresh Fruit	Raspberry Mousse/	Flakemeal biscuit/Fresh fruit
6/8/2020				Fresh Fruit	Milk
Week Four	Oven Baked Chicken Nuggets	Breaded Fish	Home made Vegetable Soup	Roast Turkey	Lasagne
1/27/2020	Sweetcorn/Salad	Baked Beans	Chicken Burger in a Bap	Gravy, Stuffing	Sweetcorn/Salad
2/24/2020	Diced Herb Potatoes/	Mashed Potatoes	Seasonal Salad	Baton Carrots	Crusty Bread
3/23/2020	Baked Potatoes			Roast & Mashed Potatoes	
4/20/2020					
5/18/2020	Frozen Fruit Mousse/	Rice pudding & Fresh Fruit	Flakemeal Biscuit/Fresh Fruit	Fairy Cake/ Fresh Fruit	Ginger Biscuit and
6/15/2020	Fresh Fruit		Milkshake		Fresh Fruit

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food**

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**Bread, fruit,
yoghurt, milk and
water
are available daily.**

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



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