

St Josephs Lisburn Menu September 2019

**school
food**

try something new today
www.schoolfoodni.com

**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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One W/C:02:09:19 W/C:30:09:19 W/C: 28.10.19 W/C: 25.11:19	Chicken Goujons Seasonal Salad/Coleslaw Chips/Jacket Potatoes Or Home Made Cheese & Tomato Pizza Creamy Rice Pudding Fresh Fruit Salad	Pasta Bolognaise Or Pork Stroganoff & Rice Peas/Sweetcorn Creamed Potatoes Vanilla Ice Cream, Pears Chocolate Sauce	Roast Turkey, Gravy, Stuffing Broccoli/Cauliflower Creamed Potatoes Crackers, cheese Selection of Fresh Fruit	Oven Baked Fish Seasonal Salad Mashed Potatoes Baked Beans Or Chicken Curry & Rice Naan Bread Fruit Crumble & Custard	Carrot, Lentil & Coriander Soup/Crusty Bread Beef Burger & Bap Salad/Coleslaw Or Cheese & Tomato Wrap Shortbread, Fresh Fruit Milkshake
Week Two W/C: 09:09:19 W/C: 07:10:19 W/C: 04.11.19 W/C: 02.12.19	Salmon Bites Peas/Carrots Mashed Potatoes Or Chicken Casserole Arctic Roll & Fruit	Savoury Mince Beef Pie Steamed Broccoli Mashed Potatoes Or Tomato & Basil Pasta Bake Shortbread & Fresh Fruit Salad	Roast Beef, Gravy, Stuffing Carrots & Parsnips Oven Roast And Mashed Potatoes Chocolate Sponge & Custard	Chicken Curry & Rice Naan Bread Or Cheese & Ham Baguette Seasonal Salad Yoghurts, Fresh Fruit Saad	Oven Baked Pork Sausages Baked Beans Chips/Jacket Potato Fruit Muffin Milkshake
Week Three W/C:16:09:19 W/C: 14:10:19 W/C: 11.11:19 W/C: 09:12:19	Fish Fingers Oven Baked Diced Herb Potatoes/Baked Potatoes Baked Beans Or Pasta Carbonara Frozen Strawberry Mousse Fresh Fruit	Chicken Curry & Rice Naan Bread Chicken Casserole Mashed Potatoes Baton Carrots Banoffee Pot Or Strawberry Shortcake pot	Roast Gammon, Gravy, Stuffing Peas, Carrots Oven Roast And Mashed Potatoes Vanilla Sponge & Custard	Oven Baked Sausages Gravy Creamed potatoes Mixed Vegetables Or Tuna Wrap Seasonal Salad/Coleslaw Flakemeal biscuit/Fruit	Ham & Cheese Pizza Chips/Jacket Potato Or Mexican Chilli Beef with noodles Vanilla Rice Pudding & Stewed Apples
Week Four W/C: 23:09:19 W/C: 21:10:19 W/C: 18.11.19 W/C: 16:12:19	Oven Baked Chicken Nuggets Oven Baked diced Herb Potatoes/Baked Potatoes Sweetcorn/ Coleslaw Or Chicken Salad Wrap Frozen Fruit Mousse Fresh Fruit Salad	Beef Casserole Peas/Carrots Creamed Potatoes Or Beef in Black Bean Sauce & Rice Chocolate sponge & Custard	Whiting Fillet in Crumb Coating Baked Beans Mashed Potatoes Or Macaroni Cheese Seasonal Salad Flakemeal biscuit/ Fruit	Chicken Curry & Rice Naan Bread Or Sweet Chilli Chicken Baguette Seasonal Salad Ginger Cookie & Fresh Fruit	Homemade Vegetable/ Crusty Bread Beef Burger & Bap Or Ham & Cheese Wrap Seasonal Salad Fruit Muffin & Milkshake

try something new today