



SOUTHERN EDUCATION AND LIBRARY BOARD

WOODS PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 7/1/19	Week commencing 14/1/19	Week commencing: 21/1/19	Week commencing 28/1/19
MON	Chicken Curry, Boiled Rice & Naan Bread Pizza/Baked Beans / Peas Chips /Pasta Baby Boiled Potatoes Sponge & Custard Fresh Fruit & Yoghurt	Chicken & Pasta /Fish fingers Salad / Coleslaw /Peas Mashed Potato / Chips Gravy Jam Swiss Roll & Custard Fresh Fruit & Yoghurt	Turkey, Stuffing, Gravy Carrots /Broccoli Mashed Potato Dry Baked Roast Potato Flakemeal Biscuit & Custard Fresh Fruit & Yoghurt	Chicken Crumble / Bacon Slices Carrots & Peas / Gravy Mashed Potato Baby Boiled Potato Bread Slices Sponge & Custard Fresh Fruit & Yoghurt
TUES	Cottage Pie Oven Baked Sausages/ Gravy Mashed Potato Carrots /Peas Swiss Roll & Custard Fresh Fruit & Yoghurt	Roast Pork Stuffing, Gravy Carrots /Peas Mashed Potato Oven Baked Roast Potato Sponge & Custard Fresh Fruit & Yoghurt	Chicken & Veg Soup Hot Dog / Chicken Roll Bun Fresh Fruit & Yoghurt	Cheese Pizza /Tuna Wrap Salad /Homemade Coleslaw Rice / Salad Oven Herb Dice Potato Crusty Bread Chocolate Sponge & Custard Fresh Fruit & Yoghurt
WED	Roast Chicken, Stuffing, Gravy Mashed & Dry Roasted Potatoes Cabbage / Cauliflower & Broccoli Bake Chocolate Cracknel & Custard Fresh Fruit & Yoghurt	Steakburger in Bap/Tuna Wrap Oven Baked Diced /Mashed Potato Salad / Homemade Coleslaw Sweetcorn/ Gravy Rice Krispie Bun Fresh Fruit & Yoghurt	Spaghetti Bolognese & Crusty Bread / Breaded Fish /Peas Mashed Potato / Gravy Chocolate Cracknel & Custard Fresh Fruit & Yoghurt	<i>Homemade Chicken Goujons</i> <i>Salad /Homemade Coleslaw</i> <i>Baked Beans /Gravy</i> <i>Mashed Potato</i> <i>Ice Cream Tub / Flakemeal Biscuit</i> Fresh Fruit & Yoghurt
THURS	Spaghetti Bolognese & Crusty Bread / Stuffed Bacon Rolls Mashed Potato/Coleslaw Carrots /Peas Jelly Pots & Shortbread Fresh Fruit & Yoghurt	Lasagna /Ham Pizza Salad /Homemade Coleslaw Baked Beans Chips / Mashed Potato Jelly Pot & Shortbread Fresh Fruit & Yoghurt	Homemade Chicken Goujons Selection Of Sandwiches /Salad Homemade Coleslaw Chips / Mashed Potato Gravy Jelly & Ice Cream Fresh Fruit & Yoghurt	Roast Gammon, Stuffing, Gravy Carrots /Cabbage Oven Baked Roast & Mashed Potato Chocolate Cracknel & Custard Fresh Fruit & Yoghurt
FRI	Breaded Fish Chicken Crumble Mashed Potato / Chips Baby Boiled Potato Mixed Veg / Baked Beans Ice Cream Tubs Fresh Fruit & Yoghurt	Fish fingers / Chicken Pepper Sauce / Boiled Rice Peas & Sweetcorn Mashed Potato/ Gravy Jam & Coconut Sponge & Custard Frozen Mousse Fresh Fruit & Yoghurt	Chicken Curry Boiled Rice & Naan Bread Irish Stew /Mixed Veg Gravy Rice Krispie & Custard Fresh Fruit & Yoghurt	Hot Dog /Steak Burger In Bap Salad / Homemade Coleslaw Chips / Mashed Potato / Pasta Gravy Jam Swiss Roll & Custard Fresh Fruit & Yoghurt