



SOUTHERN EDUCATION AND LIBRARY BOARD

WOODS PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 4/3/19	Week commencing 11/3/19	Week commencing: 18/3/19	Week commencing 25/3/19
MON	Chicken goujon wraps / Chicken crumble / baked beans / peas / Chips /pasta /baby boiled potatoes Sponge & custard	Chicken & pasta /stuffed sausage &bacon Salad /homemade coleslaw /peas Mashed potato / gravy Bread slices Jam swiss roll & custard	HOLIDAY	Chicken & ham crumble / bacon slices Carrots & peas gravy Mashed potato / baby boiled pot bread slices Sponge & custard
TUES	Spaghetti bolognaise homemade garlic bread/crusty bread Beef stew pepper sauce /mixed veg /mashed pot /gravy Shortbread & pink custard	Fishfingers / peas /baked beans Mashed potato chicken fried rice / curry sauce /gravy chocolate cracknel & custard	Chicken nuggets /chicken drumstick+ baked beans / sweetcorn /homemade coleslaw/ sweet chilli dip / barbecue sauce Chips /pasta Frozen mousse / shortbread	Cheese pizza /steakburger in bap Grated cheese /Salad /homemade coleslaw /rice salad Oven herb dice /crusty bread shortbread & pink custard
WED	Breaded fish lemon slices peas /carrots Mashed potato/ gravy Sweet & sour chicken & boiled rice Swiss roll & custard	Homemade chicken goujons /ham & cheese quiche chips /mashed pot/crusty bread Salad / homemade coleslaw Sweetcorn/ gravy sponge & custard	Spaghetti bolognaise & crusty bread / Battered fish lemon slices /peas /mashed potato / parsley sauce / gravy swiss roll & custard	Cottage pie /homemade meatballs in gravy Mixed veg Mashed potato / Meringue fruit / custard
THURS	Roast pork / gammon stuffing gravy /Mashed & dry roasted potatoes carrots / cauliflower & broccoli bake Chocolate cracknel & custard	Roast turkey stuffing gravy Carrots /peas Mashed potato oven baked roast potato Chocolate Sponge & custard	Chicken curry boiled rice & naan bread Irish stew mixed veg Mashed potato / gravy Muffin & custard	Roast chicken stuffing gravy Carrots /cabbage Oven baked roast & mashed pot Chocolate cracknel & custard
FRI	Chicken & veg soup /tomato soup Hot dog /chicken roll Bun / fruit	Beef curry boiled rice & naan bread / lasagna /homemade coleslaw /homemade garlic bread/wheaten bread Baked potato /peas & sweetcorn Ice cream tub /flakemeal biscuit	Roast beef stuffing gravy Broccoli / carrots Mashed potato /oven baked roast potato Rice krispie & custard	Homemade Chicken goujons / selection of sandwiches /salad Homemade coleslaw /pasta salad Chips / mashed potato gravy Jelly & ice cream