

SOUTHERN EDUCATION AND LIBRARY BOARD

WOODS PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 2/9/19	Week commencing 9/9/19	Week commencing: 16/9/19	Week commencing: 23/9/19
MON	WELCOME BACK LUNCH Chicken nuggets / chips Baked beans / peas Homemade coleslaw Selection of sandwiches Shortbread & jelly	Cottage pie /Chicken crumble carrots & peas Mashed potato /gravy Bread slices Rice krispie square & custard	Homemade chicken & veg soup Hot dog Selection of bread Bun /fruit	Steakburger / chicken Mixed veg /gravy Mashed potatoes Bread slices Chocolate sponge & custard
TUES	Roast chicken stuffing gravy Carrots/peas /gravy Mashed potato /oven baked roast potato Chocolate cracknel & custard	Steakburger in bap / chicken wrap/shredded lettuce /grated cheese Peas /homemade coleslaw/pasta Chips / mashed potato gravy Jelly & flakemeal	Lasagna / chicken wrap with shredded lettuce & grated cheese/ sweet chilli sauce Salad /homemade coleslaw/garlic bread /sweetcorn /pasta Chips /mashed potato /gravy Swiss roll & custard	Pizza /fishfingers /chicken fried rice /curry sauce Peas / baked beans / rice /homemade coleslaw Oven herb diced potato /mashed potato Gravy Bun & custard
WED	Spaghetti bolognaise/ homemade garlic bread Bacon & cheese panini Salad / homemade coleslaw Oven baked herb diced potato Mashed potato / gravy Swiss roll & custard	Chicken curry & boiled rice/ naan bread Beef stew Peas/sweetcorn/ gravy Bread slices / Chocolate sponge & custard	Fresh breaded fish /chicken panini Sweet chilli sauce Salad /homemade coleslaw Peas /gravy Mashed potato Chocolate cracknel & custard	Spaghetti bolognaise /chicken curry & boiled brown rice /naan bread homemade garlic bread / carrots Mashed potato /gravy Rice krispie square & custard
THURS	Chicken &veg soup Hot dog /chicken salad roll Bread slices / homemade wheaten Bun / fruit	Roast turkey / fishfingers Gravy/ stuffing /mixed veg Mashed potato /oven baked roast Rice krispie square & custard	Homemade chicken goujons Salad /homemade coleslaw Baked beans/rice / mashed potato Gravy Pots of Jelly & shortbread	Roast pork / chicken crumble stuffing / gravy Oven baked roast potato /mashed potatoes / broccoli /carrots Chocolate cracknel & custard
FRI	Pizza / tuna wrap/ grated cheese / salad/ homemade coleslaw/ crusty bread /oven baked diced potatoes/ mashed potato /gravy Ice cream & chocolate sauce	BRUNCH LUNCH Sausage/bacon / scrambled egg Baked beans/ mushrooms /tomato/toast /pancakes /homemade wheaten Flakemeal biscuit & custard	Roast gammon/ stuffing Oven baked roast potatoes Mashed potatoes Carrots /broccoli/ gravy Rice krispie square & custard	Homemade chicken goujons Chicken & noodles sweet chilli sauce /salad /homemade coleslaw Peas / chips /mashed potato /gravy Sponge & custard