

BALLYNAHINCH CENTRAL MENU

MENU – SUBJECT TO SUPPLIERS/DELIVERIES

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One W/C 5 th Oct W/C 2 nd Nov W/C 30 th Nov	Homemade Vegetable Soup Hot Dog & Saute Onions Salad & Coleslaw Flakemeal Biscuit	Chicken Curry & Rice Nann Bread/Salad Or Assorted Sandwiches Fruit Muffin/Milkshake	Pasta Bolognaise Garlic Bread Or Assorted Sandwiches Vanilla Sponge & Custard	Roast Beef/Stuffing Gravy Carrot & Parsnip Dry Roast/Mashed Potatoes Frozen Fruit Smoothie	Oven Baked Fish Peas/Sweetcorn Chips/Baked Potato Wheaten Bread Ice Cream & Chocolate Sauce
Week Two W/C 12 th Oct W/C 9 th Nov W/C 7 th Dec	Filled Baked Potato Oven Baked Sausages Baked Beans Dry Roasted Potato Wedges Chocolate Sponge & Custard	Chicken Curry & Rice Crusty Bread/Salad Or Assorted Sandwiches Melon & Yoghurt	Lentil Soup Steak Burger in a Soft Floury Bap Saute Onions/Coleslaw Tossed Salad Ginger Cookie	Roast Turkey/Stuffing Gravy Broccoli/Cauliflower Dry Roast/Mashed Potatoes Ice Cream Tub	Oven Baked Fish in a Crumb Coating Peas/Sweetcorn Chips/Baked Potato Crusty Bread Fruit Muffin
Week Three W/C 19 th Oct W/C 16 th Nov W/C 14 th Dec	Beef Stew Baton Carrots Mashed Potatoes Date Krispie	Chicken Curry & Rice Nann Bread/Salad Or Assorted Sandwiches Queen Cakes	Ham & Cheese Pizza Salad/Coleslaw Herb Diced Potatoes Or Assorted Sandwiches Jelly & Ice Cream	Roast Chicken/Stuffing Gravy Broccoli Dry Roast/Mashed Potatoes Flakemeal Biscuit	Fish Finger/ Salmon Fish Cake Peas Chips/Baked Potato Wheaten Bread Frozen Mousse
Week Four W/C 26 th Oct W/C 23 rd Nov W/C 21 st Dec	Filled Baked Potato Chicken Bites Baked Beans Herb Diced Potatoes Shortbread	Chicken Curry & Rice Nann Bread/Salad Or Assorted Sandwiches Fruit Muffin	Steak Burger/Gravy Medley of Fresh Vegetables Mashed Potatoes Frozen Yoghurt	Roast Gammon/Stuffing Gravy Savoury Cabbage Dry Roast/Mashed Potatoes Biscuit	Oven Baked Fish in a Crumb Coating Peas/Sweetcorn Chips/Baked Potato Date Fudge Bake

SANDWICH FILLINGS – CHICKEN, HAM, HAM & CHEESE, CHEESE OR JAM