

Ballynahinch Central School Single Choice

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 30/08/21 27/09/21 25/10/21 22/11/21 20/12/21	Steak Casserole Crusty Bread Fresh Diced Turnip Tossed Salads Mashed Potato Ice Cream ,Fruit & Chocolate Sauce	Oven Baked Breaded Chicken Goujons Selection of Dipping Sauces Garden Peas Selection of Salads Mashed Potato Fresh Fruit Salad & Yoghurt	Breast of Chicken Curry with Boiled Rice, Naan Bread Fresh Sliced Carrots Medley of Fresh Vegetables Carrot Cake & Custard	Roast Loin Pork Apple Sauce Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Dry Oven Roast Potatoes Mashed Potato Fresh Fruit Salad & Yoghurt	Salmon Fishcake Sweetcorn Crunchy Coleslaw Pasta Salad, Tossed Salad Chips Chilli Baby Boiled Potato Flakemeal Biscuit, Melon Boat with Yoghurt
WEEK 2 06/09/21 04/10/21 01/11/21 29/11/21	Spaghetti Bolognese Grated Cheese Sliced Crusty Baguettes Broccoli Florets Fresh Baton Carrots Homemade Rice Pudding & Peaches	Fresh Breaded Cod Goujons with Lemon Slice, Tartar Sauce Baked Beans Tossed salad Mashed Potato Apple Crumble & Custard	Breast of Chicken Curry with Boiled Rice, Naan Bread Crunchy Fresh Coleslaw Garden Peas Selection of Salads Homemade Shortbread & Fruit Pot	Roast Beef, Herb Stuffing, Gravy, Cauliflower Cheese, Fresh Diced Carrot & Parsnip Dry Roast Potato, Mashed Potato Melon Slice & Yoghurt	Breaded Chicken Goujons or Chicken Baguette Selection of Salads, Salsa Dip Sweetcorn Chips Baked Potato Jelly & Ice Cream with Fruit Salad
WEEK 3 13/09/21 11/10/21 08/11/21 06/12/21	Savoury Mince & Onion Fresh Baton Carrots Broccoli Florets Mashed Potato Chocolate and Orange Sponge & Custard	Hotdog, Sauté Onions Or Beef Fajita Carrot and Cucumber sticks With Homemade Garlic Dip Peas Chips or Baby Boiled Potatoes Raspberry ripple Ice Cream & Fresh Fruit Salad	Breast of Chicken Curry with Boiled Rice, Naan Bread French Green beans Tossed salad Flakemeal Biscuit & Mandarin orange	Roast Turkey, Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot & Parsnip Fresh Savoy Cabbage Dry Oven Roast Potatoes Mashed Potato Homemade Rice Pudding & Pears	Breaded Cod Fish Fingers Baked Beans Sweetcorn Mashed Potato Jam & Coconut Sponge & Custard with Fresh Fruit
WEEK 4 20/09/21 18/10/21 15/11/21 13/12/21	Fresh Breaded Cod Fillets Lemon Slice and Tartar Sauce, Baked Beans Carrot and Cucumber Sticks Mashed Potato Flakemeal Biscuit, Fruit & Custard	Irish Stew Homemade Wheaten Bread Broccoli Florets Sweetcorn Strawberry Mousse & Fresh Fruit Salad	Breast of Chicken Curry with Boiled Rice, Naan Bread Garden Peas Mashed Fresh Turnip Lemon Sponge & Custard	Roast Beef Herb Stuffing, Gravy Cauliflower with Cheese Sauce Fresh Baton Carrots Dry Oven Roast Potatoes Mashed Potato Fairy Cake & Milkshake	Homemade Marguerita Pid zza Crunchy Fresh Coleslaw Tossed salad Pasta Salad Baked Potato Chips Artic Roll & Jelly & Fresh fruit

**Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily**

**Selection of salads
available daily**

**If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form**

