

LISSAN School Lunch Menu to 19th NOVEMBER 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| WEEK 1 25.10 2021 | | | | | |
| WEEK 2 01.11 2021 | Chicken Chow mein Or Steak Burger Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato Fresh Fruit Selection & Fresh Yoghurt | Breast of Chicken Curry Sauce with Boiled Rice & Naan Bread Or Homemade Margherita Pizza Baton Carrots, Tossed salad, Pasta Twists Shortbread or Yoghurt & Fruit | Cheesy Bolo Pasta Or Fresh Breaded Fish Goujons With lemon slice, Tartar Sauce Baked Beans, Garden Peas Sweetcorn, *Salad Selection Mashed Potato Jelly Pot or Yoghurt & Fruit | Roast Breast of Chicken Or Chicken Crumble Herb Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots/ Parsnip, Mashed Potato Chocolate Muffin Or Fruit & Yoghurt | Chicken Nuggets Or Hot Thai Flavoured Chicken Wrap Salsa Dip. Sweetcorn *Salad Selection Chips Baked Potato Vanilla Ice Cream Pot or Yoghurt & Fruit |
| WEEK 3 08.11. 2021 | Italian Bolognese Pasta Or Breaded Fish Fingers Baked Beans, Sweetcorn Broccoli Florets Mashed Potato Ice Cream Pot Or Yoghurt & Fruit | Mac & Cheese Or Homemade Salt & Chilli Or Traditional Chicken Goujons, Selection of Dipping Sauces Baton Carrots, *Salad Selection, Chips, Mashed Potato Jelly Pot or Yoghurt & Fruit | Mexican Enchilada Or Oven Baked sausages Garden Peas Mediterranean Roasted Vegetables, Mashed Potato, Baby Boiled Potatoes Fresh Fruit Selection & Yoghurt | Chicken Panini Or Roast Turkey Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot or Parsnip fresh Savoy Cabbage Mashed Potato Chocolate Cookie Or Fruit & Yoghurt | Traditional Homemade Chicken or Smooth & Hearty Vegetable Soup Steak Burger in a Bap, Or Bang Bang Chicken in Hot baguette Mashed Potato, Tossed Salad Selection of Breads Frozen yoghurt or Fresh Fruit & Yoghurt |
| WEEK 4 15.11 2021 | Breast of Chicken Curry with Boiled Rice & Naan Bread Or Chicken & Broccoli Bake Garden Peas Fresh Savoy Cabbage Gravy Mashed Potato Chocolate Muffin Or Fruit & yoghurt | Sweet and sour Chicken Stir Fry & Noodles Or Oven Baked Sausages Baked Beans Sweetcorn Baton Carrots Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit | Roast Breast of Chicken Or Beef Stew Herb Stuffing Gravy Diced Turnip Fresh Baton Carrots Mashed Potato Jelly Pot or Yoghurt & Fruit | Spaghetti Bolognese Or Fresh Breaded Fish Fillets Or Salmon Fish Cake Lemon Slice and Tartar Sauce Broccoli & cauliflower Florets Mashed Potato Selection of Fruit & Yoghurt | Homemade Margherita Pizza Or Marinated Chicken Fillets with warm Tortilla Wraps *Salad selection Sweetcorn Traditional Champ Chips ice cream or Fruit & Yoghurt |

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

**2 items from
cook's salad
selection salad
Selection
Rice Salad,
Coleslaw
Sweet Chilli Pasta
Tossed Salad
Lettuce, Cherry
Tomato
Grated Carrots
Cucumber
Diced Red Peppers
Red Onion*

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

Rice, Pasta, Potatoes and Gravy can be served Daily



Menu choices subject to deliveries

Fresh Fish May Contain Bones