

Lissan Primary School Lunch Menu

FEBRUARY 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 31.01 2022	Breaded Fish Fingers Or Pasta Bolognese Baked Beans Medley of Fresh Vegetables Mashed Potato Fresh Fruit Selection and Yoghurt	Breast of Chicken Curry & Rice Naan Bread Or Steak Burger Baton Carrots Gravy Mashed Potato Salad Selection Jelly Pot Yoghurt & Fruit or Yoghurt	Homemade Breaded Chicken Goujons Or Spicy Chicken with Warm Tortilla Wrap Sweetcorn, Hot Pasta Twists Mashed potato Salad selection Vanilla ice Cream tub & fruit	Roast chicken Or Roast Beef Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Mashed Potato Chocolate Muffin Or Fruit & Yoghurt	Hot Dog Or Homemade Margherita Pizza Peas Tossed Salad Chips, Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit
WEEK 2 07.02 2022	Steak Burger Or Pasta Twists with Homemade Tomato sauce and Sliced chicken Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato Shortbread Biscuit, Fruit Or Yoghurt	Homemade Margherita pizza Or Breast of Chicken Curry Sauce with Boiled Rice & Naan Bread Sweetcorn, Tossed salad, Pasta Twists Fresh Fruit and Yoghurt	Fresh Breaded Fish Goujons Or Chicken Crumble Baked beans Garden Peas Mashed Potato Salad Selection Jelly Pot or Yoghurt & Fruit	Roast Breast of Chicken Or Savoury Mince Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots/ Parsnip, Mashed Potato Chocolate Muffin Or Fruit & Yoghurt	Chicken Nuggets Or Chicken & Cheese Panini Sweetcorn Chips Mashed Potato Salad Selection Ice Cream Pot or Yoghurt & Fruit
WEEK 3 14.02 2022	Mid term break	Mid term break	Mid term break	Mid term break	Mid term break
WEEK 4 21.02 2022	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausages Baton Carrots Garden Peas Gravy Mashed Potato Fresh Fruit Selection and Yoghurt	Spaghetti Bolognese Or Fresh Breaded Fish Fillets Broccoli & Cauliflower Florets Mashed Potato Jelly Pot Yoghurt & Fruit or Yoghurt	Roast Breast of Chicken Or Beef Stew Herb Stuffing Gravy Diced Turnip Fresh Baton Carrots Mashed Potato Chocolate Muffin Or Fruit & Yoghurt	Homemade Salt & Chilli Chicken Or Traditional Chicken Goujons Or Chicken Tortilla Wrap Beans sweetcorn salad selection Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit	Homemade Margherita Pizza Or Breaded Fish Fingers Sweetcorn Traditional Champ Chips Salad Selection Ice Cream Pot with fresh fruit

Menu choices subject to deliveries



Fresh Fish May Contain Bones

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

**Rice pasta, noodles,
potatoes and gravy
can be served daily**

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