

# School Lunch Menu Lissan Primary May 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> 25/4	Breast of Chicken Curry & Rice Naan Bread Or Steak Burger Baton Carrots Gravy Mashed Potato Salad Selection  Fresh fruit selection/ yoghurt	Breaded Fish Fingers Or Spaghetti Bolognese  Baked Beans Medley of Fresh Vegetables Mashed Potato  Jelly pot / fruit	Homemade Breaded Chicken Goujons Or Spicy Chicken with Warm Tortilla Wrap  Sweetcorn, Hot Pasta Twists Oven herb Dice Potatoes 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 Panini Margherita Pizza  Peas Tossed Salad Chips, Mashed Potato  Flakemeal Biscuit or Yoghurt & Fruit
<b>WEEK 2</b> 2/5		Margherita pizza Or Chicken curry with boiled rice and naan bread Sweetcorn, pasta twists Salad selection / oven baked herb diced potato Fresh fruit selection Or yoghurt	Fresh Breaded Fish Fillets 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 oven baked roast potato Chocolate Muffin Or Fruit & Yoghurt	Chicken Nuggets Or Chicken & Cheese Panini Sweetcorn Chips Mashed Potato Salad Selection  Ice Cream Pot or Yoghurt & Fruit
<b>WEEK 3</b> 9/5	Breaded Fish Fingers Or Pasta Bolognese Baked Beans, Sweetcorn Broccoli Florets Garden peas Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit	Homemade Salt & Chilli Chicken Or Traditional Chicken Goujons Or Chicken & Pasta  Broccoli Florets, Salad Selection Mashed Potato  Ice Cream Pot Slice of Fresh Fruit Chunks	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Filled Panini Garden Peas Baton Carrots Oven Baked Herb Dice Potatoes Fresh Fruit Selection and Yoghurt	Roast Turkey Or Salmon Fishcake  Stuffing, Baton Carrots, Broccoli Florets Oven Baked Roast Potato Gravy  Jelly pot, fruit or Yoghurt	Oven Baked Sausages Or Homemade Lasagne Sweetcorn & Peas, chips, Mashed Potato Salad Selection  Strawberry Mousse or Fresh Fruit Salad
<b>WEEK 4</b> 16/5	Roast Breast of Chicken Or Beef stew  Stuffing Savoy Cabbage Baton Carrots Oven Baked Roast Potato Gravy Fresh Fruit Selection and Yoghurt	Breaded Fish Fingers Or Spaghetti Bolognese  Broccoli & Cauliflower Florets Mashed Potato  Jelly Pot Yoghurt & Fruit or Yoghurt	Breast of Chicken Curry & Rice Naan Bread Or Oven Baked Sausages Baton Carrots, Garden Peas Mashed Potato, Gravy  Chocolate Muffin Or Fruit & Yoghurt	Homemade Salt & Chilli Chicken Or Traditional Chicken Goujons Or Chicken Tortilla Wrap Baked Beans ,Roast Vegetables Salad Selection Oven Baked Herb Dice Potato Flakemeal Biscuit or Yoghurt & Fruit	Homemade Margherita Pizza Or Breaded Fish Finger  Sweetcorn Mashed Potato Chips Salad selection  Vanilla ice Cream Tub & fruit

Fresh Fish May Contain Bones

Menu choices subject to deliveries



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

**A choice of  
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**