

Lissan School Lunch Menu ...end May/June2022



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 23.05 2022	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
WEEK 2 30.05 2022	Steak Burger or Pasta twists with tomato sauce and sliced chicken Baked Beans Medley of Fresh Vegetables Mashed Potato Shortbread biscuit or Fruit and Yoghurt	Panini tomato and cheese pizza Or Breast of Chicken Curry Sauce with Boiled Rice & Naan Bread Sweetcorn, pasta twists Salad selection / oven baked herb diced potato Fresh Fruit and Yoghurt	Breaded Fish Fingers or Chicken Crumble Baked beans Garden Peas Mashed Potato Salad Selection Chocolate Muffin or fruit	BANK HOLIDAY	BANK HOLIDAY
WEEK 3 06.06 2022	Breaded Fish Fingers Or Pasta Bolognese Baked Beans, Sweetcorn 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 Chicken 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
WEEK 4 13.06. 2022	Roast Breast of Chicken Or Savoury Mince Stuffing Savoy Cabbage Baton Carrots Oven Baked Roast Potato Gravy Fresh Fruit Selection and Yoghurt	Breaded Fish Fillets Or Spaghetti Bolognese Broccoli & Cauliflower Florets Mashed Potato Jelly Pot Yoghurt & Fruit or Yoghurt	Sweet and Sour Chicken & Rice Naan Bread Or Oven Baked Sausages Baton Carrots, Garden Peas Mashed Potato, Gravy Chocolate Muffin Or Fruit & Yoghurt	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

***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