School Lunch Menu Lissan Primary January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Breads
	Steak Burger Or	Pasta Bolognaise Or	Breast of Chicken Curry with	Roast Breast of Chicken Or	Homemade Margherita Pizza	Milk, Water
WEEK 1	Stuffed Bacon Roll	Fresh Breaded Fish Goujons	Boiled Rice & Naan Bread Or	Salmon fish cake	Or Marinated Chicken &	Fresh Fruit,
			Oven Baked Sausage		Vegetable Stir-Fry	Yoghurt
09.01	Baked Beans	Fresh Baton Carrot	Candan Daar	Traditional Stuffing	No odlog	Available Daily
	Sweetcorn Mashed Potato, Gravy	Garden Peas Pasta	Garden Peas Diced Carrots	Carrots Tossed Green Salad	Noodles Sweetcorn, Salad Selection	
2023	Washed Polato, Gravy	Pasta Parsley Sauce	Mashed Potato, Gravy	Oven Roast Potatoes	Chips	
	Fresh Fruit or	Flakemeal Biscuit, Fruit or	Masheu Potato, Gravy	Mashed Potato, Gravy	Chips	
	Fresh Yoghurt	Yoghurt	Jelly, Fruit or Yoghurt	Shortbread, Fruit or Yoghurt	Ice Cream & Fruit Pieces	
	Spaghetti Bolognaise Or	Homemade Breaded Chicken	Breast of Chicken Curry with	Roast Breast of Chicken Or	Oven Baked Sausage Or	
WEEK 2	Ham & Cheese Melt	Goujons & Dip Or Chicken Wrap	Boiled Rice & Naan Bread Or Oven Baked Breaded Fish	Roast Pork	Peppered Chicken	Rice, Pasta,
	Garden Peas	Chicken wrap	Fingers	Traditional Stuffing	Garden Peas	
16.01.	Salad Selection	Diced Carrots	ringers	Fresh Diced Carrots.	Tossed Salad	Noodles, Potatoe
2023	Pasta Salad	Salad Selection	Sweetcorn,	Oven Roast Potato	Baked Beans	and Gravy can b
WEEK 3	Mashed Potato	Pasta / mashed potato	Mashed Potato	Mashed Potato, Gravy	Mashed potato	
	Gravy		Fresh Fruit or	Rice Krispie Square, Fruit or	Chips	Served Daily
	Muffin, Fruit or Yoghurt	Jelly Pot, Fruit or Yoghurt	Fresh Yoghurt	Yoghurt	Ice Cream Tub & Fruit Pieces	
	Homemade Margherita Pizza	Breast of Chicken Curry with	Pasta bolognese Or	Roast Breast of Chicken Or	Chicken Nuggets Or	
	Ham & Cheese Pizza Or	Boiled Rice & Naan Bread Or	Fresh Breaded Fish Goujons	Chicken Crumble	Beef Lasagne	
	Chicken Panini	Steak Burger				
23.01		Carrots	Baked Beans	Traditional Stuffing	Sweetcorn	
	Garden Peas	Mashed Potato, Gravy	Sweetcorn / Garden Peas	Fresh Diced Carrots / Parsnip	Salad Selection	
2023	Tossed Salad	Muffin, Fruit or Yoghurt	Mashed Potato	Oven Roast Potato	Mashed Potato	If You Require
	Pasta		Lelles Det. Englis en Verelevet	Mashed Potato, Gravy	Chips	Any Additional
	Frozen Yoghurt & Fruit Pieces		Jelly Pot, Fruit or Yoghurt	shortbread Fruit or Yoghurt	Frozen Yoghurt & Fruit Pieces	Information on
WEEK 4	Oven Baked Breaded Fish	Breast of Chicken Curry &	Homemade Breaded Chicken	Roast Gammon Or	Oven Baked Sausages	– Allergens or Special Diets
	Fingers Or	Boiled Rice & Naan Bread	Goujons & Dip	Chicken Pasta Bake	Or	Please Contact
	Savoury Mince	Or Chicken Panini / Wrap	Or Cottage Pie	The second s	Macaroni Cheese	the School to
30.01	Correcto	Sweetcorn	Salad Salaction	Traditional Stuffing	Carden Beas	complete a
	Carrots Garden Peas	Sweetcorn Green beans	Salad Selection Baked Beans, Diced Turnip	Fresh Baton Carrots Cauliflower Florets, Mashed	Garden Peas Coleslaw	Special Diets
2023	Garden Peas Mashed Potato	Pasta / mashed potato	Mashed Potato, Gravy		Mashed Potato	the second se
	Fresh Fruit or	Fasta / masned potato	Flakemeal Biscuit, Fruit or	Potato, Oven Roast Potato	Chips	Application Forn
	Fresh Yoghurt	Jelly Pot, Fruit or Yoghurt	Yoghurt	Gravy Ginger Biscuit, Fruit or	Ice Cream & Fruit Pieces	
	riesh roghurt	seny Fot, Fruit of Tognurt	rogiluit	unger biscuit, Fruit of	ice cream & riuit Pieces	

Fresh Fish & Chicken Nuggets May Contain Bones



Menu choices subject to deliveries

ea Education Authority

