

School Lunch Menu Lissan Primary January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 09.01 2023	Steak Burger Or Stuffed Bacon Roll Baked Beans Sweetcorn <i>Mashed Potato, Gravy</i> Fresh Fruit or Fresh Yoghurt	Pasta Bolognaise Or Fresh Breaded Fish Goujons Fresh Baton Carrot Garden Peas Pasta Parsley Sauce Flakemeal Biscuit, Fruit or Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausage Garden Peas Diced Carrots Mashed Potato, Gravy Jelly, Fruit or Yoghurt	Roast Breast of Chicken Or Salmon fish cake Traditional Stuffing Carrots Tossed Green Salad Oven Roast Potatoes Mashed Potato, Gravy Shortbread, Fruit or Yoghurt	Homemade Margherita Pizza Or Marinated Chicken & Vegetable Stir-Fry Noodles Sweetcorn, Salad Selection Chips Ice Cream & Fruit Pieces
WEEK 2 16.01. 2023	Spaghetti Bolognaise Or Ham & Cheese Melt Garden Peas Salad Selection Pasta Salad Mashed Potato Gravy Muffin, Fruit or Yoghurt	Homemade Breaded Chicken Goujons & Dip Or Chicken Wrap Diced Carrots Salad Selection Pasta / mashed potato Jelly Pot, Fruit or Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Breaded Fish Fingers Sweetcorn, Mashed Potato Fresh Fruit or Fresh Yoghurt	Roast Breast of Chicken Or Roast Pork Traditional Stuffing Fresh Diced Carrots, Oven Roast Potato Mashed Potato, Gravy Rice Krispie Square, Fruit or Yoghurt	Oven Baked Sausage Or Peppered Chicken Garden Peas Tossed Salad Baked Beans Mashed potato Chips Ice Cream Tub & Fruit Pieces
WEEK 3 23.01 2023	Homemade Margherita Pizza Ham & Cheese Pizza Or Chicken Panini Garden Peas Tossed Salad Pasta Frozen Yoghurt & Fruit Pieces	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Steak Burger Carrots Mashed Potato, Gravy Muffin, Fruit or Yoghurt	Pasta bolognese Or Fresh Breaded Fish Goujons Baked Beans Sweetcorn / Garden Peas Mashed Potato Jelly Pot, Fruit or Yoghurt	Roast Breast of Chicken Or Chicken Crumble Traditional Stuffing Fresh Diced Carrots / Parsnip Oven Roast Potato Mashed Potato, Gravy shortbread Fruit or Yoghurt	Chicken Nuggets Or Beef Lasagne Sweetcorn Salad Selection Mashed Potato Chips Frozen Yoghurt & Fruit Pieces
WEEK 4 30.01 2023	Oven Baked Breaded Fish Fingers Or Savoury Mince Carrots Garden Peas Mashed Potato Fresh Fruit or Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread Or Chicken Panini / Wrap Sweetcorn Green beans Pasta / mashed potato Jelly Pot, Fruit or Yoghurt	Homemade Breaded Chicken Goujons & Dip Or Cottage Pie Salad Selection Baked Beans, Diced Turnip Mashed Potato, Gravy Flakemeal Biscuit, Fruit or Yoghurt	Roast Gammon Or Chicken Pasta Bake Traditional Stuffing Fresh Baton Carrots Cauliflower Florets, Mashed Potato, Oven Roast Potato Gravy Ginger Biscuit, Fruit or Yoghurt	Oven Baked Sausages Or Macaroni Cheese Garden Peas Coleslaw Mashed Potato Chips Ice Cream & Fruit Pieces

Fresh Fish & Chicken Nuggets May Contain Bones



Menu choices subject to deliveries

*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*

