



|                   | MONDAY                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                   |
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| <b>WEEK ONE</b>   | <div>Chicken Stew<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Crushed Potato<br/>Cauliflower,<br/>Carrots</div> <div>Strawberry Mousse <b>7</b><br/>Fruit Pots <b>VG</b></div>                              | <div>Bean Biryani <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Seasonal Vegetables</div> <div>Fruit &amp; Custard <b>7</b><br/>Fruit Pots <b>VG</b></div>                                                           | <div>Roast Gammon &amp; Gravy<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Rustic Roast Potatoes,<br/>Cabbage,<br/>Peas</div> <div>Fruit Jelly <b>VG</b><br/>Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></div>      | <div>Beef Bolognaise on Wedges<br/>Loaded Bean Chilli Wedges <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Green Beans<br/>Grated Carrots</div> <div>Yoghurt <b>3,7</b>,<br/>Fruit Pots <b>VG</b></div> | <div>Gluten Free Battered Fish <b>8</b><br/>Vegetable Sausage <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Chips,<br/>Sweetcorn, Baked Beans<br/>Cucumber Sticks</div> <div>Yoghurt <b>3,7</b><br/>Fruit Pots <b>VG</b></div> |
| <b>WEEK TWO</b>   | <div>Caribbean Brown Chicken<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Rice,<br/>Carrots,<br/>Peas</div> <div>Chocolate Ice Cream <b>7</b><br/>Fruit Pots <b>VG</b></div>                                 | <div>Buffalo Cauliflower Wings<br/>&amp; Wedges <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Seasonal Vegetables</div> <div>Fruit &amp; Custard <b>7</b><br/>Fruit Pots <b>VG</b></div>                             | <div>Roast Chicken &amp; Gravy<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Rustic Roast Potatoes<br/>Broccoli,<br/>Carrots</div> <div>Yoghurt <b>3,7</b>,<br/>Fruit Pots <b>VG</b></div>                        | <div>Beef Stew<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Cauliflower,<br/>Green Beans</div> <div>Yoghurt <b>3,7</b>,<br/>Fruit Pots <b>VG</b></div>                                                           | <div>Homemade Salmon Bites <b>8</b><br/>Gluten Free Battered Fish <b>8</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Chips,<br/>Peas,<br/>Coleslaw <b>9</b></div> <div>Yoghurt <b>3,7</b><br/>Fruit Pots <b>VG</b></div>             |
| <b>WEEK THREE</b> | <div>Sweet Potato &amp; Chick Pea Curry <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Rice,<br/>Green Beans,<br/>Mixed Salad</div> <div>Fruit &amp; Custard <b>7</b><br/>Fruit Pots <b>VG</b></div> | <div>Stir Fried Chicken, Vegetables &amp; Rice<br/>BBQ Vegetable Rice <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Sweetcorn,<br/>Peppers</div> <div>Chocolate Rice Pudding <b>7</b><br/>Fruit Pots <b>VG</b></div> | <div>Roast Pork &amp; Gravy<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Rustic Roast Potatoes,<br/>Green Beans,<br/>Carrots</div> <div>Fruit Jelly <b>VG</b><br/>Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></div> | <div>Beef Cottage Pie<br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Seasonal Vegetables</div> <div>Yoghurt <b>3,7</b>,<br/>Fruit Pots <b>VG</b></div>                                                             | <div>Gluten Free Battered Fish <b>8</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></div> <div>Chips,<br/>Peas, Baked Beans,<br/>Grated Carrot</div> <div>Yoghurt <b>3,7</b>,<br/>Fruit Pots <b>VG</b></div>                                      |

Primary 3 GF

**AVAILABLE  
DAILY**

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg  
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

