



SOUTHERN EDUCATION AND LIBRARY BOARD

WOODS PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 30/9/19	Week commencing 7/10/19	Week commencing: 14/10/19	Week commencing: 21/10/19
MON	Freshly made pizza or chicken & pasta bake Carrots/peas Mashed potato /pasta Gravy / bread slices homemade shortbread & custard	Homemade spaghetti bolognese Or hot dog Carrots /broccoli Mashed potato /pasta /gravy Homemade garlic bread Swiss roll & custard	Sausages / chicken crumble Beans / sweetcorn Mashed potato /pasta Gravy Bun & custard	Stuffed bacon roll/bacon Pizza Beans / sweetcorn Mashed potato /pasta Gravy Homemade wheaten Shortbread & custard
TUES	Homemade chicken fillet burger or steakburger & bap Beans /sweetcorn Chips /mashed potato gravy Icecream & chocolate sauce	Freshly made chicken goujons Or homemade cottage pie Beans/ sweetcorn Chips /mashed potato /gravy Homemade wheaten Ginger cake & custard /frozen mousse	Homemade lasagna or freshly made chicken goujons Peas /carrots Chips / mashed potato /gravy Homemade garlic bread Ice cream & jelly	Homemade chicken goujons or homemade chicken & pasta bake Carrots /peas Chips /mashed potato /gravy Homemade wheaten Ice cream homemade flakemeal biscuit
WED	Homemade vegetable soup Crusty bread Freshly made hotdogs Homemade chicken panini Salmon wrap Chocolate sponge & custard	Pizza or freshly made chicken chow mein noodles Peas /sweetcorn /mashed potato Pasta /curry sauce/gravy Homemade scone/ chocolate cookies & custard	Pizza / freshly made paninis Sweetcorn /peas Mashed potato /pasta Gravy Frozen mousse/ flakemeal biscuit/ fruit	Homemade meatballs or steakburger Peas / broccoli Mashed potato/ pasta Gravy /pasta sauce Homemade garlic bread chocolate muffin & custard
THURS	Chicken or gammon Carrots /broccoli Stuffing Roast /mashed potato Gravy Chocolate cracknel & custard	Chicken or gammon Carrots/broccoli/stuffing Roast /mashed potatoes Gravy Homemade rice krispies square & custard	Chicken or gammon Carrots /broccoli / stuffing Roast/ mashed potato Gravy Homemade brownies & custard	Chicken or gammon Broccoli /carrots / stuffing Roast/ mashed potato Gravy Homemade lemon drizzle cake & custard Frozen mousse
FRI	Homemade chicken curry or Oven baked fish fingers Carrots /peas Chips /rice / mashed potato Gravy /naan bread Ice cream & jelly	Homemade chicken curry or breaded fish Carrots /peas Chips /rice /mashed potato Naan bread/gravy Flakemeal biscuit & custard	Homemade chicken curry or Breaded fish Carrots /peas Chips /rice /mashed potato Gravy naan bread Sponge & custard	FUN DAY LUNCH Chicken nuggets /cocktail sausages /chips in a bag/ selection sandwiches /carrots sticks Ice cream tub / flakemeal biscuit