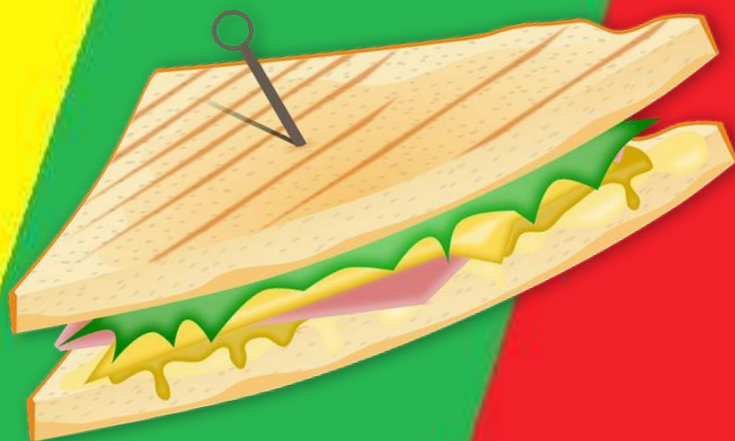


Friends' School Lisburn

Catering

2023 - 2024



FRIENDS' SCHOOL
6 Magheralave Road, Lisburn
Co Antrim BT28 3BH
Tel: 028 9266 2156 Fax: 028 9267 2134

e-mail: office@friends.lisburn.ni.sch.uk
web site: www.friendsschoollisburn.org.uk

August 2023

I would like to take this opportunity to tell you about the catering service that we provide.

Our chefs are qualified in food hygiene and nutrition and they have relevant catering qualifications, providing freshly prepared and balanced meals.

We cater for a variety of dietary requirements such as vegetarians and those with coeliac problems, taking reasonable measures to produce a nut free environment.

A vending service is available throughout the day, providing chilled water and fruit juices. Free filtered water is available in the Dining Hall.

All reasonable suggestions are welcome and will be considered and added to the Menu choice, providing they are in compliance with the nutritional standards. We encourage any comments you may have on how to improve the service, as we value you as a potential customer. Comments should be placed in the Comments Box in the Dining Hall.

I hope that you enjoy your years at Friends' School and that the catering service will be part of your very positive experience here with us.

Yours sincerely



Braid Irwin
(Catering Manager)

*All prices and menus are correct at time of publishing and subject to availability
August 2023*



Mount Charles Group

Morning Bistro Menu

8.00 am – 8.30 am



1 Slice Toast with Butter

£0.40

Crusty Roll

£0.50

Pain au Choc

£1.30

Sweet Waffle

£1.20

Breakfast Cereal & Milk

£1.20

Orange Juice / Apple Juice

£0.60

Chilled Milk

£0.60

Coffee

£1.20

Tea Cup

£0.70

Cadbury Hot Chocolate/Lattie

£1.20

Breakfast Meal Deal

£2.00

Cereal & Milk, Buttered Toast & Choice of Any Beverage



Mount Charles Group

Morning Break Menu

10.25 am – 10.40 am



Ham & Cheese Baguette

£1.30

Jelly Pot

£0.70

Sausage Bagel

£1.50

Fresh Fruit Salad

£1.00

Bacon Bap

£1.20

Selection of Fresh Fruit

£0.50/£0.80

Large Pizza

£1.30

Homemade Soup

£1.50

Chocolate Muffin

£1.50

Chocolate Chip Cookie

£1.00

Sweet Waffle

£1.20

Crisps

£1.00

Chocolate Chip Cookie

£1.30

500 ml Water

£1.10

Crusty Roll

£0.05

750 ml Water

£1.30

Slice of Toast

£0.35

Hot Chocolate

£1.00

Homemade Scone

£0.70

Milk Shake

£0.70

Bagel

£0.80

Sukie

£1.00

Plain Croissant

£1.00

Tea

£0.70

Pain au Choc

£1.30

Coffee

£1.20

Tray Bake

£0.80



Mount Charles Group

DELI BAR

All £3.00

Available Daily

Sliced Chicken wrapped in a Fresh Tortilla / Jumbo Hot Dog
Chicken Fillet Burger, Ham and Cheese Panini

Or

Pizza on Tuesdays / Fridays

Served with a choice of

Chocolate Chip Cookie / Traybake

or

a Drink or Milkshake

or

Homemade Soup with Crusty Bread and a Baked Cookie





Mount Charles Group

Week Ending Dates 2023-2024

Week 1		Week 2	
1	01/09/23	1	08/09/23
2	29/09/23	2	06/10/23
3	27/10/23	3	10/11/23
4	01/12/23	4	08/12/23
5	12/01/24	5	19/01/24
6	09/02/24	6	23/02/24
7	15/03/24	7	22/03/24
8	26/04/24	8	03/05/24
9	24/05/24	9	31/05/24
10	21/06/24	10	28/06/24
Week 3		Week 4	
1	15/09/23	1	22/09/23
2	13/10/23	2	20/10/23
3	17/11/23	3	24/11/23
4	15/12/23	4	22/01/24
5	26/01/24	5	02/02/24
6	01/03/24	6	08/02/24
7	12/04/24	7	19/04/24
8	10/05/24	8	17/05/24
9	07/06/24	9	14/06/24
10	05/07/24	10	

Halloween - 30 November 2023 - 3 November 2023

Christmas - 21 December 2023 - 8 January 2024

Spring Half Term - 12 February 2024 - 16 February 2024

Easter - 25 March 2024 - 8 April 2024

2023 - 2024 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink, and a dessert				
Main Course 1	Mac" N" Cheese	4oz Steak Burger in a Soft Bun	Chicken & Sweetcorn Pie (Home- Made)	Baked Ham with pineapple	Margherita Pizza
Main Course 2	Homemade chicken Goujons (Optional Chilli Sauce)	Breast of Chicken Curry with Rice or Chips	Savoury Mince with carrot & onions	Grilled Pork sausages	Breaded Chicken Nuggets
Main Course 3	Oven Baked Cod with Lemon & Tartar Sauce	Chicken BBQ Pizza	Jumbo Pork Sausage Roll	BBQ Chicken served with Penne Pasta	Breaded Cod Fish Fingers with Tartar Sauce
Vegetarian	Mac" N" Cheese	Vegetable Curry & Braised Rice	Margarita Pizza	Sweet Chilli Pinwheel	Vegetable Spring Roll
Vegetables & Potatoes	Baked Beans Garden Peas Mashed Potatoes	Garden Pesa Baked Beans Chipped Potatoes Braised Rice	Sliced carrots Baked Beans Mashed Potatoes	Mixed Vegetables Baked Beans Champ or Roast Potatoes	Green Beans Baked Beans Chipped Potatoes
Dessert	Rice Krispy Bun or Apple Crumble & Custard	Meringue Shell or Creamy Rice Pudding & Fruit	Chocolate Roulade or Chocolate Cracknel & Custard Sauce	Victoria Sandwich or Iced Sponge & Custard Sauce	Chocolate Chip Shortbread or Marble Sponge & Custard
Drinks & Snacks	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad, or Chilled Milk				

2023 – 2024 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink, and a dessert				
Main Course 1	Chicken & Broccoli Cheezy Bake	1/4lb Steak Burger in a Floury Bap	Tomato & Basil, Chicken Pasta Bake with Cheddar	Home- Made Meatballs in Tomato Sauce Served with Pasta	Breast of Chicken Curry with Rice or Chips
Main Course 2	Oven baked Chicken Burger (Chilli Sauce optional)	Baked Ham & Cheese Panini	Cottage Pie (Savoury mince topped with mashed potato)	Chinese Pork Steak	Lasagne au Gratin
Main Course 3	Chicken in Black Bean Sauce served with Egg Noodles	Chinese Pork Steak	Freshly Breaded Chicken Strips	Jumbo Fish Fingers & Tartar Sauce	Margherita Pizza
Vegetarian	Cheese & Broccoli Pasta Bake	Cheese & Tomato Panini	Vegetable Burger in a Floury Bap	Filled Baked Potato	Margherita Pizza
Vegetables & Potatoes	Sliced carrot's Baked Beans Mashed Potatoes	Vegetables Baked Beans Chipped Potatoes	Sweetcorn Baked Beans Oven Baked Potatoes	Garden Peas Baked Beans Mashed Potatoes	Garden Peas Baked Beans Chipped Potatoes Braised Rice
Dessert	Chocolate Mousse or Chocolate Sponge & Custard Sauce	Pavlova or Creamy Rice Pudding & Fruit	Jam & Cream Roulade Or Sprinkle Cake & Custard	Strawberry Cheesecake Or Chocolate Sponge Custard Sauce	Chocolate Muffin or Lemon Drizzle Cake & Custard
Drinks & Snacks	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad, or Chilled Milk				

2023 – 2024 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink, and a dessert				
Main Course 1	Tomato & sausage Pasta Bake Topped with Cheddar	Pulled Chicken in a Hickory Sauce Served in a Pitta	Pasta Bolognaise topped with cheese	<i>Sliced Chicken Breast with Savoury Rice</i>	Homemade Lasagne
Main Course 2	Deli Ham & Cheddar Bagel Coleslaw	American Chicken Fillet Burger	Breaded Chicken Burger	Chinese Chicken Breast with Pasta	French Cheese & Tomato Bread Pizza
Main Course 3	Breaded Cod & sauce Tartar	Breast Of Chicken Curry served with Rice or & Chips	Sweet Chilli Chicken Noodles	Grilled Pork Sausage in a finger bun	Steak Burger in a floury Bap
Vegetarian	Cheese & spring Onion Bagel	Cheese & Tomato Wrap	Quorn Bolognaise with Cheddar	Potato & Veg Frittata	French Bread Pizza
Vegetables & Potatoes	Vegetables Baked Beans Oven Baked Potatoes	Cauliflower Cheese Baked Beans Chipped Potatoes	Sliced Carrots Baked Beans Oven Roast Potatoes	Broccoli Baked Beans Oven Baked Potatoes	Sweetcorn Baked Beans Chipped Potatoes Braised Rice
Dessert	Strawberry Mousse or Apple & Raspberry Crumble & Custard Sauce	Chocolate Eclair or Creamy Rice Pudding & Fruit	Banana Cake or Iced Sponge& Custard Sauce	Strawberry& cream Roulade or Fruit Crumble & Custard Sauce	Tray Bake or Lemon Meringue Sponge & Custard
Drinks & Snacks	Available daily as a " substitute" for dessert menu Orange Juice, Fresh Fruit Salad, or Chilled Milk				

2023 – 2024 Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	<i>"In place of a main meal"</i> Available Daily: A large bowl of homemade soup with crusty bread, a drink, and a dessert				
Main Course 1	Pasta & Bacon Carbonara	Crunchy Chicken Burritos	Peppered Chicken & Braised Rice	Hunters Chicken (Chicken Fillet with cheese, bacon & BBQ sauce)	Soda Bread Pizza
Main Course 2	Grilled Pork Sausages	Chicken Curry & Braised Rice or Chips	Breaded Cod with Lemon & sauce Tartar	Honey Chill Chicken served with Braised Rice	Breaded Chicken Nuggets
Main Course 3	Oven Baked Haddock with Lemon & Tartar Sauce	Stuffed Back Bacon	Creamy Chicken & Ham Puff Pie	Chicken & Mushroom Slice	Breast of Chicken Curry served with Braised rice or Chips
Vegetarian	Cheese & Tomato Pizza	Savoury Omelette	Tomato & Cheese croissant	Quorn Sausage Roll	Vegetable Curry & Braised Rice
Vegetables & Potatoes	Sliced Carrots Baked Beans Mashed Potatoes	Garden Peas Baked Beans Chipped Potatoes Braised Rice	Sweetcorn Baked Beans Oven Baked Potatoes	Mixed Vegetables Baked Beans Mashed Potatoes	Baked Beans Chipped Potatoes Braised Rice
Dessert	Keylime Pie or Apple Crumble & Custard Sauce	Banoffee Pie or Creamy Rice Pudding & Fruit	Strawberry Gateau or Toffee Sponge & Custard Sauce	Cheesecake or Cornflake Tart & Custard	Cup cake or Eves Pudding & Custard Sauce
Drinks & Snacks	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad, or Chilled Milk				

