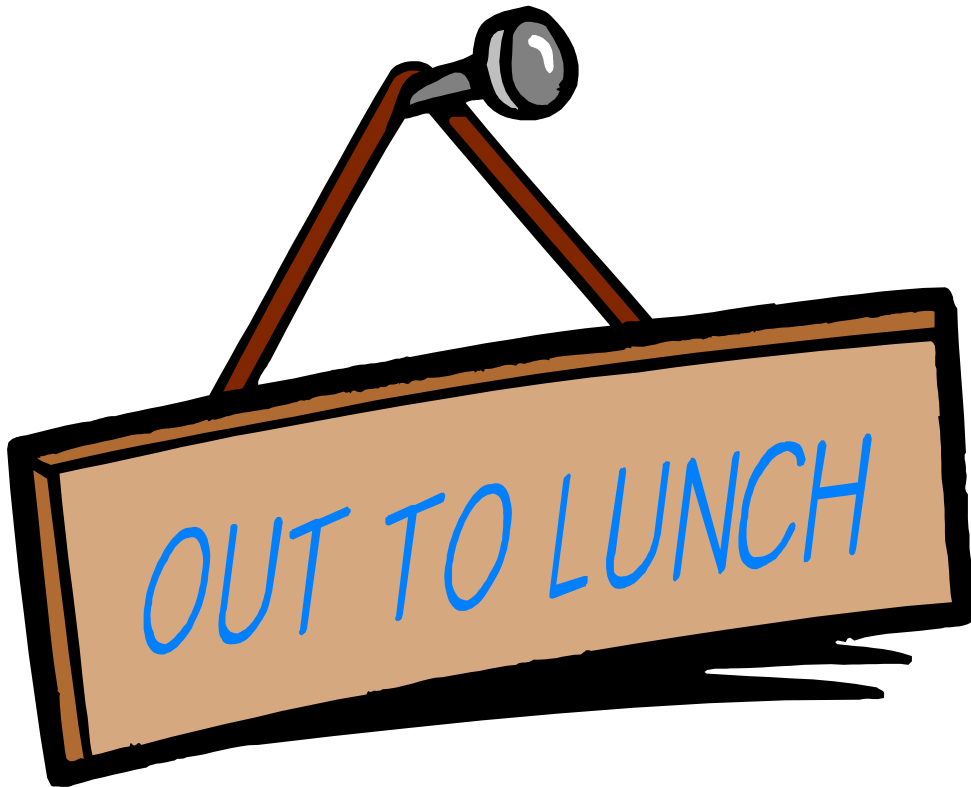


# FRIENDS' SCHOOL LISBURN



## CATERING SERVICE

YEAR 14

2022 - 2023

**FRIENDS' SCHOOL**  
6 Magheralave Road, Lisburn  
Co Antrim BT28 3BH  
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e-mail: [office@friends.lisburn.ni.sch.uk](mailto:office@friends.lisburn.ni.sch.uk)  
web site: [www.friendsschoollisburn.org.uk](http://www.friendsschoollisburn.org.uk)

August 2022

Welcome to Year 14

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 hope you enjoy and make use of the service provided and we encourage any comments you have on how to enhance this service.

Yours sincerely



Braid Irwin  
(Catering Manager)

*Prices and Menus correct at time of publishing and subject to availability  
August 2022*

## 6<sup>th</sup> Form Morning Break Tariff

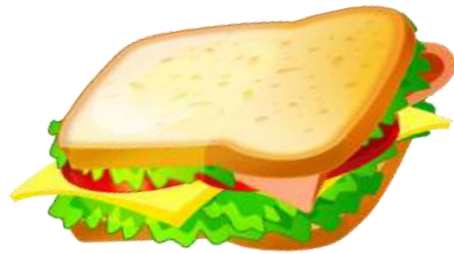
Hot	Price	Fresh Fruit / Desserts	Price
Cheese & Ham Baguette	£1.20	Sweet Waffle	£1.00
Cheese & Ham Toastie	£2.00	Selection of Tulip Muffins	£1.30
Bacon Bap or Hotdog	£1.20	Jelly /Custard/Jelly Pots	£0.70
Sausage Roll	£1.20	Selection of Fruit <i>from</i>	£0.60
Sausage or Bacon Bagel	£1.50	Bagel	£0.80
Sausage Soda	£1.50	Crusty Roll	£0.50
Large Pizza	£1.20	Scone & Tray bake	£1.00
Sweet Chilli Roll	£1.00	Croissant	£1.00
Toast (1 slice)	£0.40	Pain au Chocolate	£1.20
Cup of Soup of the Day	£1.50	Large Choc Chip Cookies	£1.20

Beverages	Price
Mug of Tea	£0.70
Latte	£1.20
Mug of Hot Chocolate	£1.20
750ml Water	£1.30
500ml Water	£1.10
Can	£1.00
Drench	£1.30
Sukie	£1.00

# LUNCH

Two Menu options served daily

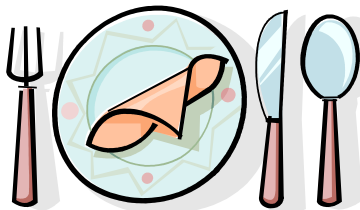
## TAKE YOUR PICK



## SANDWICH BAR

Paninis or Wraps with a choice of salad

## HOT FOOD BAR



Choice of hot food with  
homemade Desserts

*choices available in Dining Hall daily served from 1.00 pm – 1.45 pm*

*Individual prices apply*



Mount Charles Group

## Week Ending Dates 2022/2023

Week 1		Week 2	
1	02/09/22	1	09/09/22
2	30/09/22	2	07/10/22
3	28/11/22	3	11/11/22
4	02/12/22	4	09/12/22
5	06/01/23	5	09/01/23
6	03/02/23	6	10/02/23
7	10/03/23	7	17/03/23
8	21/04/23	8	28/04/23
9	19/05/23	9	26/05/23
10	16/06/23	10	23/06/23
Week 3		Week 4	
1	16/09/22	1	23/09/22
2	14/10/22	2	21/10/22
3	18/11/22	3	25/11/22
4	16/12/22	4	23/01/23
5	20/01/23	5	27/01/23
6	24/03/23	6	03/03/23
7	24/04/23	7	31/04/23
8	05/05/23	8	12/05/23
9	02/06/23	9	09/06/23
10	30/06/2023	10	

**Halloween** - 31<sup>st</sup>October --07<sup>th</sup> November 2022

**Christmas** - 21<sup>th</sup> December – 4<sup>th</sup> January 2022

**Half Term** - 13<sup>th</sup> February –20<sup>th</sup> February 2023

**Easter** - 31<sup>st</sup> March – 17<sup>th</sup> April 2023

## 2022-2023 Week 1 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Soup</b> "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert				
<b>Main Course 1</b>	Spaghetti Bolognaise Topped with Grated Cheddar	4oz Steak Burger in a Soft Bun	Creamy Chicken & sweetcorn puff Pie (Home- Made)	Home-Made Meatball in a Rich Tomato Sauce served with Pasta	Margherita Pizza
<b>Main Course 2</b>	Homemade chicken Goujons <i>(Optional Chilli Sauce)</i>	Breast of Chicken Curry with Rice or Chips	Smoky BBQ Chicken Breast served with pasta	Grilled Pork sausages	American Chicken fillet
<b>Main Course 3</b>	Oven Baked Cod with Lemon & Tartar Sauce	Garlic and cheese Naan Bread pizza	Jumbo Pork Sausage Roll	Honey Chilli Chicken served with Braised rice	Breaded Cod Fish Fingers with Tartar Sauce
<b>Vegetarian</b>	Quorn Bolognaise	Vegetable Curry & Braised Rice	Vegetable Wrap	Cheese & Onion Muffin	Margherita Pizza
<b>Vegetables &amp; Potatoes</b>	Baked Beans Garden Peas Mashed Potatoes	Sweetcorn Baked Beans Chipped Potatoes Braised Rice	Mixed Vegetables Baked Beans Mashed Potatoes	Sliced Carrots Baked Beans Oven Roast Potatoes	Green Beans Baked Beans Chipped Potatoes
<b>Dessert</b>	Jam Doughnut <b>or</b> Apple Crumble & Custard	Meringue Shell <b>or</b> Creamy Rice Pudding & Fruit	Orange & Choc Cheese Cake <b>or</b> Chocolate Cracknel & Custard Sauce	Victoria Sandwich <b>or</b> Sticky Toffee Pudding & Custard Sauce	Chocolate Chip Shortbread <b>or</b> Marble Sponge & Custard
<b>Drinks &amp; Snacks</b>	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk				

## 2022 – 2023 Week 2 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Soup</b> “In place of a main meal”	<b>Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert</b>				
<b>Main Course 1</b>	Spicy Sausage Pasta Bake with Cheddar	Hot Dog with onions & Relish	Stuffed Bacon Roll	Baked Salmon Supreme with lemon	Breast of Chicken Curry with Rice or Chips
<b>Main Course 2</b>	Oven baked Chicken Burger (Chilli Sauce optional)	Home- made Chicken Goujons	Cottage Pie (Savoury mince topped with mashed potato)	Tomato & Basil Pasta Bake with diced ham	Lasagne au Gratin
<b>Main Course 3</b>	Chicken in Black Bean Sauce served with Egg Noodles	Chinese Pork Steak	Chicken Fajita	Margherita Pizza (Home- made)	Freshly Battered Whiting & Tartar Sauce
<b>Vegetarian</b>	Spicy pasta Bake with Cheddar	Cheese & Tomato Toastie	Quorn Cottage Pie	Tomato & Basil Pasta Bake	Breaded Vegetable Burger
<b>Vegetables &amp; Potatoes</b>	Sweetcorn Baked Beans Oven Roast Potatoes	Broccoli Baked Beans Chipped Potatoes	Mixed Vegetables Baked Beans Oven Baked Potatoes	Garden Peas Baked Beans Mashed Potatoes	Garden Peas Baked Beans Chipped Potatoes Braised Rice
<b>Dessert</b>	Vanilla Cheese Cake <b>or</b> Chocolate Sponge & Custard Sauce	Fruit Pavlova <b>or</b> Creamy Rice Pudding & Fruit	Jam & Cream Roulade <b>or</b> Rhubarb Pie & Custard	Strawberry Shortcake <b>Or</b> Cornflake Tart & Custard Sauce	Chocolate Muffin <b>or</b> Lemon Drizzle Cake & Custard
<b>Drinks &amp; Snacks</b>	<b>Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk</b>				

## 2022 – 2023 Week 3 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Soup</b> “In place of a main meal”	<b>Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert</b>				
<b>Main Course 1</b>	Tomato & Basil Pasta Bake Topped with Ham & Cheddar	Stuffed Chicken breast with gravy	Savoury Mince Steak Pie (Lean mince cooked with chunky veg topped with puff pastry)	<i>Pasta Bolognaise with Cheddar Cheese</i>	Homemade Lasagne
<b>Main Course 2</b>	Battered Cajun Chicken Breast	American Chicken Fillet Burger	Stuffed Roast Pork & Gravy	Honey Baked Ham	Cheese & Tomato French Bread Pizza
<b>Main Course 3</b>	Breaded Cod & sauce Tartar	Breast Of Chicken Curry served with Rice or & Chips	Sweet Chilli Chicken & Vegetable Noodles	Grilled Pork Sausage in a finger bun	Steak Burger in a floury Bap
<b>Vegetarian</b>	Tomato & Pepper Pasta Bake	Vegetable Burger in a soft Bun	Cheese & Pepper Petit Pain	Vegetable & Cheese Egg Muffin	French Bread Pizza
<b>Vegetables &amp; Potatoes</b>	Garden Peas 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
<b>Dessert</b>	Strawberry Mousse  or Apple & Raspberry Crumble & Custard Sauce	Chocolate Eclair  or Creamy Rice Pudding & Fruit	Banana Cake  or Iced Sponge & Custard Sauce	Chocolate Roulade  or Fruit Crumble & Custard Sauce	Ice cream & Jelly  or Lemon Meringue Sponge & Custard
<b>Drinks &amp; Snacks</b>	<b>Available daily as a “ substitute” for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk</b>				



## 2022 – 2023 Week 4 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Soup</b> "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert				
<b>Main Course 1</b>	Roast Breast of Chicken & gravy	Crunchy Chicken Burritos	Spicy BBQ Chicken served with Pasta	Chicken Kiev (Chicken Fillet with garlic butter in fresh breadcrumbs)	Home-made Chicken & Sweetcorn Pie
<b>Main Course 2</b>	American Chicken Fillet Burger	4oz Steak Burger in a Soft Bun	Breaded Cod with Lemon & sauce Tartar	Baked Gammon & Pineapple	Battered Fish with Sauce tartar
<b>Main Course 3</b>	Oven Baked Haddock with Lemon & Tartar Sauce	French Bread Pepperoni Pizza	Creamy Chicken & Ham Puff Pie	Spicy Sausage Bake with Cheddar	Breast of Chicken Curry served with Braised rice or Chips
<b>Vegetarian</b>	Cheese & Tomato Panini	Cheese & Tomato Pizza	Cream Cheese & chive Baguette	Vegetable Pasta Bake	Vegetable Curry & Braised Rice
<b>Vegetables &amp; Potatoes</b>	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
<b>Dessert</b>	Chocolate Mousse <b>or</b> Apple Pie & Custard Sauce	Banoffee Pie <b>or</b> Creamy Rice Pudding & Fruit	Strawberry Gateau <b>or</b> Fruit Sponge & Custard Sauce	Berry Cheese Cake <b>or</b> Cornflake Tart & Custard	Cup cake <b>or</b> Eves Pudding & Custard Sauce
<b>Drinks &amp; Snacks</b>	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk				

