



WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	BREADED CHICKEN TENDERS AND ROAST POTATOES	PORK SAUSAGES, CHAMP AND ONION GRAVY	ROAST OF THE DAY	CHICKEN AND VEGETABLE PAELLA WITH CRUSTY BREAD	CHICKEN CURRY AND CHIPS
MAIN TWO	HAM MAC N CHEESE WITH GARLIC BREAD	CHICKEN PIE, CHAMP AND GRAVY	ROAST OF THE DAY	PASTA BOLOGNESE AND CRUSTY BREAD	BEEF BURGER AND CHIPS
VEG MAIN	MAC N CHEESE AND GARLIC BREAD	LOADED WEDGES	ROAST VEGETABLE QUICHE	VEGETABLE PAELLA	VEGETABLE CURRY AND CHIPS
Dessert	TOFFEE MOUSSE	BELGIAN WAFFLE, TOFFEE SAUCE	BERRY AND APPLE CRUMBLE	ICE CREAM AND STRAWBERRY SAUCE	FREE DESSERT



Friends' School Lisburn

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	MEATBALLS IN TOMATO SAUCE WITH PASTA	BATTERED COD MASH POTATO AND PEAS	ROAST OF THE DAY	PORK AND APPLE BURGER WITH SAUTE POTATOES	CRISPY BBQ CHICKEN AND CHIPS
MAIN TWO	SAUSAGE ROLL, ROAST POTATOES AND BEANS	CHICKEN CURRY AND RICE	ROAST OF THE DAY	CHICKEN NOODLE STIRFRY	SAUSAGES AND CHIPS
VEG MAIN	VEGAN SAUSAGE ROLL AND BEANS	CHEESE OMELETTE	VEGETABLE PAKORA, RICE AND MANGO CHUTNEY	VEGETABLE NOODLE STIRFRY	SPRING ROLLS, CHIPS AND CHILLI SAUCE
DESSERT	CHOCOLATE SPONGE AND CUSTARD	FRESH FRUIT SALAD AND JELLY	ICED SPONGE AND CUSTARD	FRUIT YOGHURT AND BISCUIT	FREE DESSERT



WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	PASTA BOLOGNESE AND CRUSTY BREAD	CHICKEN PIE AND BABY BOILED POTATOES	ROAST OF THE DAY	LASAGNE, COLESLAW AND GARLIC BREAD	CHICKEN BURGER AND CHIPS
MAIN TWO	FISH FINGERS, ROAST POTATOES AND PEAS	BBQ PORK STEAK, SWEETCORN AND POTATO WEDGES	ROAST OF THE DAY	SAUSAGE CASSEROLE AND MASH	PEPPERONI PIZZA AND CHIPS
VEG MAIN	VEGAN BOLOGNESE AND PASTA	ROAST VEG BURRITO	FILLED BAKED POTATO	VEGETABLE AND LENTIL LASAGNE	MARGHERITA PIZZA AND CHIPS
DESSERT	TRAYBAKE	FRUIT YOGHURT AND BISCUIT	STRAWBERRY MOUSSE	APPLE PIE AND CUSTARD	FREE DESSERT



Friends' School Lisburn

WEEK FOUR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN ONE	CHICKEN FRIED RICE	SAVOURY MINCE HOTPOT	ROAST OF THE DAY	BAKED SALMON, BABY ROAST POTATOES AND BROCCOLI	HOT DOG AND CHIPS
MAIN TWO	PASTA CARBONARA AND CRUSTY BREAD	CHICKEN CASSEROLE AND MASH POTATO	ROAST OF THE DAY	TOMATO AND PEPPER PASTA BAKE	CHICKEN GOJONS AND CHIPS
VEG MAIN	VEGETABLE FRIED RICE	TOMATO AND CHEESE OMELETTE	CAULIFLOWER AND BROCCOLI GRATIN	TOMATO AND PEPPER PASTA BAKE	VEGGIE BURGER AND CHIPS
DESSERT	FRUIT TRIFLE	ICED SPONGE AND CUSTARD	BELGIAN WAFFLE AND TOFFEE SAUCE	FRESH FRUIT SALAD AND JELLY	FREE DESSERT