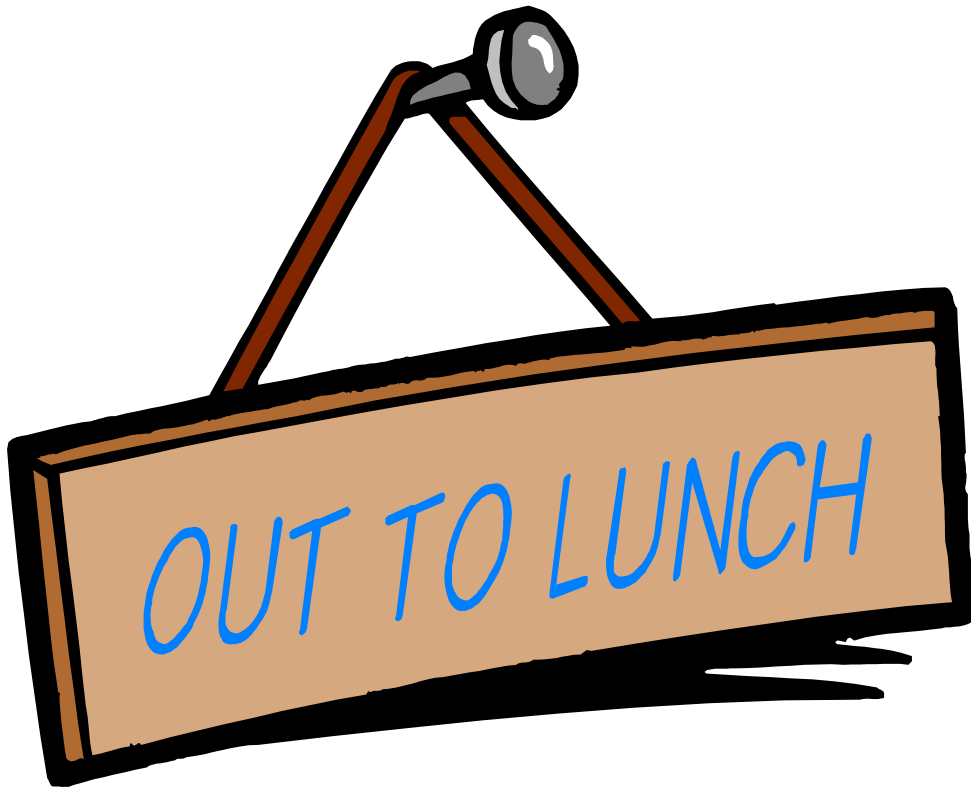


# FRIENDS' SCHOOL LISBURN



## CATERING SERVICE

YEAR 14

2023 - 2024

**FRIENDS' SCHOOL**  
6 Magheralave Road, Lisburn  
Co Antrim BT28 3BH  
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August 2023

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 2023*



Mount Charles Group

# Morning Break Menu

10.25 am – 10.40 am

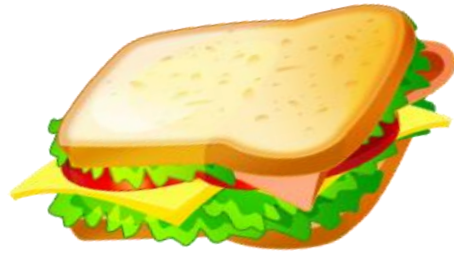


Ham & Cheese Baguette	£1.30	Jelly Pot	£0.70
Sausage Bagel	£1.50	Fresh Fruit Salad	£1.00
Bacon Bap	£1.20	Selection of Fresh Fruit	£0.50/£0.80
Large Pizza	£1.30	Homemade Soup	£1.50
Chocolate Muffin	£1.50	Chocolate Chip Cookie	£1.00
Sweet Waffle	£1.20	Crisps	£1.00
Chocolate Chip Cookie	£1.30	500 ml Water	£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		

# LUNCH

Two Menu options served daily

## TAKE YOUR PICK

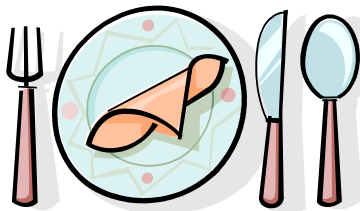


## SANDWICH BAR

Paninis or Wraps with a choice of salad, / Hot Dog  
Chicken Fillet Burger or Pizza (Tuesday and Friday)

Soup, Crusty Roll & Cookie

## HOT FOOD BAR



Choice of hot food with  
homemade Desserts in the main Dining Hall

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

## UPPER SIXTH COMMON ROAD (PRE ORDER)

Salad

Vegi Salad

+ Water, Drink, Cookie or Traybake

Pasta Pot

Noodle Pot

Rice Pot





Mount Charles Group

## Upper Sixth DELI BAR – Pre-order Form

<b>Contact Name:</b>	
<b>Date:</b>	

**Choose From (1) (2) or (3) PLUS one from (a)**

<b>(1) Hot Food:</b>		<b>(a) Drink Or Dessert</b>	
Chicken Fillet Burger		Cookie	
Jumbo Sausage Roll		Traybake	
Pizza (Tues & Fri)		Water 500ml	
Breaded Chicken Wrap		Milkshake Strawberry	
Ham & Cheese Panini		Milkshake Chocolate	
Homemade Soup of the Day with Crusty Bread & Cookie		Apple Juice	
		Orange Juice	

**OR**

<b>(2) Chilled:</b>	
<b>Choose 1:</b>	
Sandwich	
Baguette	
Wrap	
<b>With one option:</b>	
Salad	
Ham	
Chicken	
Tuna	
<b>Choose Condiment:</b>	
Sweet Chilli Sauce	
Mayo	
Salad Cream	

**OR**

<b>Available Most Days:</b>	
Pasta Pot	
Rice Pot	
Noodle Pot	
Boxed Salad	
Vegi Salad	



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 October 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

WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<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>	Mac" N" Cheese	4oz Steak Burger in a Soft Bun	Chicken & Sweetcorn Pie (Home- Made)	Backed Ham with pineapple	Margherita Pizza
<b>Main Course 2</b>	Homemade chicken Goujons <i>(Optional Chilli Sauce)</i>	Breast of Chicken Curry with Rice or Chips	Savoury Mince with carrot & onions	Grilled Pork sausages	Breaded Chicken Nuggets
<b>Main Course 3</b>	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
<b>Vegetarian</b>	Mac" N" Cheese	Vegetable Curry & Braised Rice	Margarita Pizza	Sweet Chilli Pinwheel	Vegetable Spring Roll
<b>Vegetables &amp; Potatoes</b>	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
<b>Dessert</b>	Rice Krispy Bun <b>or</b> Apple Crumble & Custard	Meringue Shell <b>or</b> Creamy Rice Pudding & Fruit	Chocolate Roulade <b>or</b> Chocolate Cracknel & Custard Sauce	Victoria Sandwich <b>or</b> Iced Sponge & 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				

WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
<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>	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
<b>Main Course 2</b>	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
<b>Main Course 3</b>	Chicken in Black Bean Sauce served with Egg Noodles	Chinese Pork Steak	Freshly Breaded Chicken Strips	Jumbo Fish Fingers & Tartar Sauce	Margherita Pizza
<b>Vegetarian</b>	Cheese & Broccoli Pasta Bake	Cheese & Tomato Panini	Vegetable Burger in a Floury Bap	Filled Baked Potato	Margherita Pizza
<b>Vegetables &amp; Potatoes</b>	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
<b>Dessert</b>	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
<b>Drinks &amp; Snacks</b>	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad, or Chilled Milk				



WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<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>	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
<b>Main Course 2</b>	Deli Ham & Cheddar Bagel Coleslaw	American Chicken Fillet Burger	Breaded Chicken Burger	Chinese Chicken Breast with Pasta	French Cheese & Tomato Bread Pizza
<b>Main Course 3</b>	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
<b>Vegetarian</b>	Cheese & spring Onion Bagel	Cheese & Tomato Wrap	Quorn Bolognaise with Cheddar	Potato & Veg Frittata	French Bread Pizza
<b>Vegetables &amp; Potatoes</b>	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
<b>Dessert</b>	Strawberry Mousse  <b>or</b> Apple & Raspberry Crumble & Custard Sauce	Chocolate Eclair  <b>or</b> Creamy Rice Pudding & Fruit	Banana Cake  <b>or</b> Iced Sponge& Custard Sauce	Strawberry& cream Roulade  <b>or</b> Fruit Crumble & Custard Sauce	Tray Bake  <b>or</b> Lemon Meringue Sponge & Custard
<b>Drinks &amp; Snacks</b>	Available daily as a " substitute" for dessert menu Orange Juice, Fresh Fruit Salad, or Chilled Milk				

**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<i>"In place of a main meal"</i> <b>Available Daily: A large bowl of homemade soup with crusty bread, a drink, and a dessert</b>				
<b>Main Course 1</b>	Pasta & Bacon Carbonara	Crunchy Chicken Burritos	Peppered Chicken & Braised Rice	Hunters Chicken (Chicken Fillet with cheese, bacon & BBQ sauce)	Soda Bread Pizza
<b>Main Course 2</b>	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
<b>Main Course 3</b>	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
<b>Vegetarian</b>	Cheese & Tomato Pizza	Savoury Omelette	Tomato & Cheese croissant	Quorn Sausage Roll	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>	Keylime Pie <b>or</b> Apple Crumble & Custard Sauce	Banoffee Pie <b>or</b> Creamy Rice Pudding & Fruit	Strawberry Gateau <b>or</b> Toffee Sponge & Custard Sauce	Cheesecake <b>or</b> Cornflake Tart & Custard	Cup cake <b>or</b> Eves Pudding & Custard Sauce
<b>Drinks &amp; Snacks</b>	<b>Available daily as a substitute for dessert menu</b> <b>Orange Juice, Fresh Fruit Salad, or Chilled Milk</b>				

