## **BALLYKEEL PRIMARY MENU**

£2.

**£2.60** per day

|            | Monday                    | Tuesday                     | Wednesday                  | Thursday                   | Friday                       |
|------------|---------------------------|-----------------------------|----------------------------|----------------------------|------------------------------|
|            | Baked Salmon Fish Cake    | Savoury Mince               | Roast Gammon & Stuffing    | Hot Dog & Sauce            | Chicken Bites                |
| Week One   | Garden Peas               | Sweetcorn & Peppers         | Baton Carrots, Broccoli    | Tossed salad Pot &         | Beans / Peas / Salad         |
| 22.11.21   | Potato Wedges             | Mashed Potatoes             | Mashed & Roast Potato      | Coleslaw                   | Chips or Chilli Potato Skins |
|            | Sweet Chilli Dip & Crusty | Fresh Baked Wheaten Bread   | Gravy                      |                            | Wholemeal Bread              |
|            | #                         | #                           | #                          | #                          |                              |
|            |                           |                             |                            | Chocolate Cookie           | #                            |
|            | Rice Krispie Square       | Watermelon Slice            | Fresh Fruit                | Orange wedge               | Popcorn Cookie               |
|            | Vanilla Custard           | & Yoghurt                   | Ice Cream Sundae           | Carton of Apple Juice      | Honeydew Melon               |
|            | Pasta Bolognaise          | Fish Fingers,               | Roast Pork, Stuffing,      | Steak Burger in Bap        | Gourmet Homemade Pizza       |
| Week Two   | Baton Carrots / Peas      | Baked Beans / Peas & Corn   | Green Beans, Diced Carrot, | Coleslaw, Salad, Cheese    | with Chicken, Peppers and    |
| 29.11.21   | Garlic Bread              | Mashed Potatoes             | Parsnips & Oven Baked      | Spiced Diced Potato        | Tomato Topping ,             |
|            | Grated Cheese             | Wholemeal Bread             | Roast & Mashed Potato      |                            | Tomato salsa , Side Salad,   |
|            |                           |                             | with Gravy                 |                            | Chips or Baked Potato        |
|            | #                         | #                           | #                          | #                          | #                            |
|            | Warm Vanilla Custard      | Chocolate & Pear Sponge     | Summer Fruits &            | Shortbread Biscuit         | Fresh Fruit &                |
|            | Fresh Fuit Trio           | with Fresh Warm Custard     | Fresh Yoghurt              | Fresh Watermelon           | Frozen Yoghurt               |
|            | Oven Baked Breaded Fish   | Pasta Twists with           | Roast Chicken & Stuffing,  | Chicken Curry              | Hot Dog, Saute Onions        |
| Week Three | Cake, Baked Beans / Peas  | Bolognaise Sauce            | Cabbage,Carrot & Parsnip   | Steamed Wholegrain Rice    | with Sweetcorn Salsa,        |
| 06.12.21   | Mashed Potatoes           | Sweetcorn & Peppers         | Mashed & Oven Dry Roast    | Fresh Baton Carrots        | Side Salad , Chips           |
|            | Crusty Bread              | Grated Cheese               | Potatoes with Gravy        | Coleslaw                   | or Potato Wedges             |
|            |                           | Garlic Bread                |                            | Naan Bread                 | Sauce / Mayo / Relish        |
|            | #                         | #                           | #                          | #                          | #                            |
|            | Forest Fruits             | Strawberry Egg Sponge       | Ice Cream Sundae           | Chocolate Cookie, &        | Pineapple & Watermelon       |
|            | & Custard                 | & Vanilla Custard           | Fresh Fruit Salad          | Chunk of Banana, Milkshake | Fresh Yoghurt                |
|            | Oven Baked Fish Fingers   | Chicken Curry               | Oven Baked Chicken Bites   | CHRISTMAS DINNER           | Steak Burger in a Bap        |
| Week Four  | Beans & Garden Peas       | Steamed Wholegrain Rice     | Beans or Sweetcorn         | Roast Turkey, Stuffing     | Grated Cheese , Chilli Slaw  |
| 13.12.21   | Mashed Potato             | Fresh Carrots & Peas        | Mashed Potato              | Chipolatas, Carrots, Peas  | Tomato sauce or Mayo         |
|            | Crusty Bread              | Naan Bread                  |                            | Sprouts, Roast & Mashed    |                              |
|            | #                         | #                           | #                          | Potatoes & Gravy,          | #                            |
|            | Strawberry Yoghurt        | Fruit Filled Meringue Shell | Cornflake Cracknel         | #                          | Festive Cookie               |
|            | Fresh Fruit               | & Vanilla Custard           | Watermelon Wedge           | Jelly & Ice cream          | & Orange Wedge               |

try Something New today



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Bread, salad, fruit, yoghurt, milk and water are available daily.

If you require any additional information on allergens or special diet please contact the school in the first instance



Christmas Pud & Custard
Profiteroles & Choc sauce

