

Ballykeel Primary Menu

FREE MEALS ONLY

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One commencing 14.09.20 HOT MEAL CLASS CLASS	Baked Fish Fingers Beans / Peas Mashed Potato & Crusty # Date krispie Square Melon & Apple Juice P1KM P2JT P3LK P1CC P2AM P3CM	Chicken Curry & Rice Peas & Corn Naan Bread # Yoghurt, Fresh Pineapple Chilled Milk P1KM P4KH P5BE P1CC P4JDT P5MA	Roast Chicken, Stuffing Peas , Carrots ,Gravy Roast & Mashed Potato # Chocolate Brownie Watermelon, Orange Juice P1KM P6JF P7SG P1CC P6SM P7JH	Savoury Mince, Baton Carrots,Green Beans Mashed Potato, Bread # Custard & oranges Chilled Milk P1KM P2JT P3LK P1CC P2AM P3CM	<u>Buffet:</u> Ham Sandwiches Pizza Slice, Chipolatas Carrot & Cucumber Sticks # Ice Cream Tub, Apple Apple Juice P1KM P4KH P5BE P1CC P4JDT P5MA
week One Commencing 14.09.20 PACKED LUNCH CLASS CLASS	Ham Sandwiches Mixed Salad Pot # Date krispie Square Melon & Apple Juice # P4KH P5BE P6JF P7SG P4JDT P5MA P6SM P7JH	Toasted Muffin & Cheese Vegetable Pasta Pot # Yoghurt, Fresh Pineapple Chilled Milk # P2JT P3LK P6JF P7SG P2AM P3CM P6SM P7JH	Chicken Sandwiches Tossed salad Pot # Chocolate Brownie Watermelon, Orange Juice # P2JT P3LK P4KH P5BE P2AM P3CM P4JDT P5MA	Chicken Wrap Chilli & Veg Noodle Pot # Chilled Custard pot Orange Wedge, Milkshake # P4KH P5BE P6JF P7SG P4JDT P5AM P6SM P7JH	Sliced Ham Finger Roll Carrot & Cucumber Sticks # Ice Cream Tub, Apple Apple Juice # P2JT P3LK P6JF P7SG P2AM P3CM P6SM P7JH
Week Two Commencing 21.09.20 HOT MEAL CLASS CLASS	Pasta Bolognaise, Sweetcorn, Herb Bread & Grated Cheese # Chocolate Cookie Orange Wedges & Milk P1KM P6JF P7SG P1CC P6SM P7JH	Baked Fish Fillet Peas & Corn, Parsley Sauce Mashed Potato, Crusty # Chilled Rice Pot & Peaches Chilled Apple juice P1KM P2JT P3LK P1CC P2AM P3CM	Roast Turkey, Stuffing Turnip, Carrot & Gravy Roast & Mashed Potato # Yoghurt, Orange Wedges Orange Juice P1KM P4KH P5BE P1CC P4JDT P5MA	Oven Baked Sausages Carrot & Broccoli, Gravy Mashed Potato, Bread # Jelly Pot, Mini Shortbread Chilled Milkshake P1KM P6JF P7SG P1CC P6SM P7JH	Baked Chicken Nuggets Beans /Peas, Bread Chips & Tomato Sauce Dip # Giant Popcorn Cookie Sliced Apple, Apple Juice P1KM P2JT P3LK P1CC P2AM P3CM
Week Two Commencing 21.09.20 PACKED LUNCH CLASS CLASS	Ham Sandwiches Salad Tub # Chocolate Cookie Orange Wedges & Milk # P2JT P3LK P4KH P5BE P2AM P3CM P4JDT P5MA	Turkey Sandwiches Vegetable Rice Pot # Chilled Rice Pot & Peaches Apple Juice # P4KH P5BE P6JF P7SG P4JDT P5MA P6SM P7JH	Toasted Ham & Cheese Bagel, Carrot Sticks # Yoghurt, Orange Wedges Orange Juice # P2JT P3LK P6JF P7SG P2AM P3CM P6SM P7JH	Chicken Wrap Cucumber Sticks # Jelly Pot, Mini Shortbread Chilled Milkshake # P2JT P3LK P4KH P5BE P2AM P3CM P4JDT P5MA	Grated Cheese Roll Veggie Pasta Pot # Giant Popcorn Cookie Sliced Apple, Apple Juice # P4KH P5BE P6JF P7SG P4JDT P5MA P6SM P7JH

try something new today



**Fresh Bread, Yoghurt
Milk & Water
Fresh Fruit Selection
& Salad Platter
Available Daily**

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



