



SOUTHERN EDUCATION AND LIBRARY BOARD

WOODS PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 28/09/20	Week commencing 05/10/20	Week commencing: 12/10/20	Week commencing: 19/10/20
MON	Chicken nuggets, peas, chips or plain pasta twists with gravy, Tossed Salad, Bread slices. Shortbread Biscuit or fruit	Savoury Mince, carrots, Cabbage Mashed potato ,gravy Bread slices Rice krispie square or yogurt	Homemade Pizza, Chips, tossed salad, peas, sweet chilli sauce Bun or fruit	Breaded fish, cabbage and carrots, mashed potatoes with gravy Plain pasta twists ,Bread slices Ice cream or fruit or yogurt
TUES	Breaded Fish, stuffing, carrots, turnips, mashed potato & gravy. Bread slices Chocolate cracknel or yogurt	Cod fish fingers, Peas, homemade coleslaw, plain pasta twists, Chips ,mashed potato, gravy Jelly or yogurt	2 Pork sausages, mashed potatoes, carrots, sweetcorn, gravy, bread slices Ice cream or yogurt	Homemade Pizza, Peas, baked beans, homemade coleslaw, herb diced potatoes, mashed potato Gravy Chocolate muffin cake or fruit
WED	Pasta Bolognese, sweetcorn, homemade garlic bread Tossed Salad, homemade coleslaw, Mashed potato / gravy Homemade Sponge Cake or fruit	Chicken curry, boiled rice, naan bread, plain pasta, sweetcorn, bread slices Chocolate sponge or fruit	Breaded fish, tossed Salad homemade coleslaw, Peas ,gravy Mashed potato Chocolate cracknel or fruit	chicken curry boiled rice, garlic naan bread, carrots Mashed potato, gravy Rice krispie square or fruit
THURS	Sausages, mashed potatoes, cabbage, baked beans, gravy. Bread slices Cookie or yogurt Fresh fruit	Roast Beef, stuffing, Gravy, carrots, broccoli, Mashed potato. Ice cream or yogurt	Homemade chicken goujons Salad /homemade coleslaw Baked beans, chips mashed potato Gravy Jelly or yogurt	Roast Beef, stuffing, gravy, mashed potatoes, turnips, carrots Chocolate cracknel or yogurt
FRI	Pizza, tossed salad, homemade coleslaw, diced potatoes mashed potato, carrots ,gravy Ice cream or yogurt, Fresh fruit	Homemade Chicken Goujons, coleslaw, chips, beans, peas, pasta twirls, gravy, Flakemeal biscuit or fruit	Roast chicken, stuffing Oven baked roast potatoes Mashed potatoes Carrots, broccoli, gravy Rice krispie square or fruit	Homemade chicken goujons, salad, homemade coleslaw Peas, chips, mashed potato, gravy Sponge cake or yogurt

WATER AND MILK SERVED EVERY DAY.

If paying by cheque please make it payable to Education Authority Southern Region