



SOUTHERN EDUCATION AND LIBRARY BOARD

WOODS PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 02/11/2020	Week commencing 09/11/2020	Week commencing: 16/11/2020	Week commencing: 23/11/2020
MON	Chicken Breast Nuggets, peas, carrots, chips/plain pasta twists with gravy, Bread slices. Chocolate muffin cake or fruit	Oven baked breaded Cod, carrots, Cabbage, Mashed potato/Plain Pasta twists & gravy Rice krispie square or fruit	Homemade Pizza, Chips/mashed Potatoes, tossed salad, peas, sweet chilli sauce Ice cream or fruit	Hot dog, tomato ketchup, chips/plain pasta twists, peas/ baked beans Flake meal biscuit or fruit
TUES	Fish fingers, carrots, turnips, mashed potato/plain pasta twists & gravy. Bread slices Chocolate cracknel or yogurt	Homemade Pizza, Peas, homemade coleslaw, Tossed salad, Chips or Potatoes, sweetcorn, gravy Shortbread biscuit or fruit	2 Pork sausages, mashed potatoes/ Plain Pasta Twists, carrots, sweetcorn, gravy, bread slices Shortbread biscuit or fruit	Pasta Bolognaise, homemade garlic bread, tossed salad, homemade coleslaw, mashed potato, gravy. Chocolate Cracknel or fruit
WED	Chicken Breast fillet with curry sauce or gravy, Rice/plain pasta twists, sweetcorn, homemade garlic bread Flake meal Biscuit or fruit	Roast Pork, Stuffing, cabbage, carrots, mashed/oven roast potatoes/plain pasta twists and gravy Chocolate sponge or fruit	Breaded fish, tossed Salad, homemade coleslaw, Peas, gravy Mashed potato Chocolate cracknel or fruit	Roast Chicken, stuffing, turnips, carrots, mashed potato/ Plain Pasta twists, gravy, Bread slices. Chocolate muffin cake or fruit
THURS	Sausages, mashed potatoes/plain pasta twists, baked beans, peas, gravy, Bread slices. Shortbread biscuit or fruit	Hot dog with tomato ketchup or Fish Fingers Chips or plain pasta twists Ice cream or yogurt	Chicken Breast Nuggets, Baked beans, mashed potato/Plain Pasta twists, peas, gravy Jelly or yogurt	Homemade Chicken Goujons or Oven Baked breaded Cod, mashed potatoes/ Plain Pasta twists, carrots, turnip, gravy. Shortbread Biscuit or fruit
FRI	Pizza, tossed salad, homemade coleslaw, chips/mashed potato, carrots, peas ,gravy Ice cream or fruit	Homemade Chicken Goujons, coleslaw, tossed salad, mashed potatoes/plain pasta twists, peas, carrots, gravy, Flake meal biscuit or fruit	Roast chicken, stuffing Oven baked roast potatoes/ Mashed potatoes/ plain pasta twists, Carrots, Cabbage & gravy Rice krispie square or fruit	Homemade Pizza, Tossed salad, coleslaw,sweet chilli sauce, peas, chips/mashed pototo, gravy Icecream or fruit

If paying by cheque please make payable to "Education Authority Southern Region" Dinners £2.60 per day