

Ballysillan Primary School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 w/c 16/01/23	Steak Burger in a bap Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuit & Fresh Fruit Chunks	Breast of Chicken Curry & Rice Naan Bread Garden Peas Jam & Coconut Sponge & Custard	Roast Beef Traditional Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Oven Dry Roast & Mashed Potatoes Frozen Yoghurt & Fresh Fruit Selection	Breaded Chicken Goujons Sweetcorn Mashed Potato Salad Selection Vanilla Ice Cream, Oranges, And Chocolate Sauce	Breaded Fish Fingers Baked Beans Mixed Vegetables Mashed Potato Fresh fruit selection & yoghurt
WEEK 2 w/c 23/01/23	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Chocolate Sponge & Custard	Breaded Chicken Bites Beans Chips Baked Potato Coleslaw Jelly, Ice Cream and Fresh Fruit	Roast Pork Traditional Stuffing Gravy Cauliflower Cheese Fresh diced Carrots Oven Dry Roast & Mashed Potato Fresh fruit selection & Yoghurt	Breaded Fish Goujons Sweetcorn Mashed Potato Flakemeal Biscuits and Fresh fruit	Spaghetti Bolognaise Crusty bread Tossed Salad Melon & Cheese and Crackers
WEEK 3 w/c 2/01/23				Burger in a Bap Coleslaw Tossed Salad Chips Baked Potato Fresh fruit selection & yoghurt	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Fruit sponge & custard
WEEK 4 w/c 9/01/23	Oven Baked Sausages Baked Beans Mashed Potatoes Artic roll & selection of Fresh fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Baked Potato Fruit sponge & custard	Roast Beef Traditional stuffing Gravy Savoy cabbage Oven Roast Dry & Mashed Potato Fresh Fruit Selection and yoghurt	Breaded Fish Fillets Sweetcorn & Peas Mashed Potato Melon & Cheese and crackers	Cheese & Tomato Pizza or Steak Burger in a bap Chips Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks

**Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily**

**Salad Selection
Tossed Salad
Lettuce, Cherry
Tomato
Grated Carrots
Cucumber
Diced Red Peppers
Red Onion
Radish
Beetroot**

**If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form**

