

# GLASTRY CENTRAL KITCHEN (subject to alteration)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Happy Friday</b>
02.09.19 30.09.19 28.10.19 04.11.19 02.12.19	Oven Baked Pork Sausages Baked Beans Mashed Potatoes Creamed Rice Pudding & Fruit Salad	Pasta Bolognaise Mixed Vegetables Crusty Bread Plain Bun & Juice	Roast Chicken, Stuffing, Carrots/Parsnip, Gravy, Oven Roast Potatoes Vanilla Ice Cream & Fruit	Salmon Fishcakes Peas/Sweetcorn Chips/Bake Potato Flakemeal Biscuit & Strawberry	Vegetable Soup Beef Burger & Bap Cheese/Salad Strawberry Mousse
09.09.19 07.10.19 11.11.19 09.12.19	Savoury Minced Beef Carrot/Parsnip Mashed Potatoes Ginger Biscuit & Milkshake	Mild Chicken Curry Rice Naan Bread Fruit Muffin Fresh Fruit & milk	Roast Gammon Shredded Cabbage Mashed Potatoes Gravy Selection of Yogurt & Slice of Melon	Oven Baked Sausages Mixed Vegetables Mashed Potatoes Flakemeal biscuit & Milk	Cod Fish Fingers Baked Beans Chips/Baked Potato Ice Cream & Fruit
16.09.19 14.10.19 18.11.19 16.12.19	Vegetable Soup Beef Burger & Bap Cheese Pasta Shortbread Biscuit & Fruit	Chicken Fillets Carrots/Sweetcorn Gravy Mashed Potatoes Vanilla Ice Cream & Chocolate Sauce	Roast Beef Gravy Stuffing Broccoli Oven Roast Potatoes Fairy Cake & Milk	Fish Fingers Baked Beans Mashed Potatoes Artic Roll & Fresh Fruit	Cheese & Tomato Pizza Sweetcorn Salad Diced Potatoes Strawberry Mousse & Milk
23.09.19 21.10.19 25.11.19	Beef Burger Gravy Carrots Mashed Potatoes Ginger Biscuit & Fruit	Irish Stew Crusty Bread Chocolate Sponge & Custard	Mild Chicken Curry Rice Naan Bread Ice Cream Tub & Milk	Fish Fillet Shapes Sweetcorn Mashed Potatoes Flakemeal Biscuit & Strawberry Milkshake	Chicken Goujons Beans Chips/Baked Potato Yogurt & Fresh Fruit

# School food

Try something new today  
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Bread, Fresh Fruit, Yoghurt, Milk  
and Water are available daily

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

