## GLASTRY CENTRAL KITCHEN (subject to alteration)

12/21/61	WEEK 4 20/09/21 18/10/21 15/11/21	08/11/21 06/12/21	WEEK 3 13/09/21 11/10/21	29/11/21	WEEK 2 06/09/21 04/10/21 01/11/21	22/11/21 20/12/21	WEEK 1 30/08/21 27/09/21	
Flakemeal Biscuit, Fruit & Milk	Fresh Breaded Cod Fillets Lemon Slice & Tartar Sauce Baked Beans Mashed Potato	Chocolate & Orange Sponge & Custard	Savoury Mince & Onion Fresh Baton Carrots Broccoli Florets Mashed Potato	Homemade Rice Pudding & Peaches	Spaghetti Bolognaise Grated Cheese Sliced Crusty Baguettes Broccoli Florets Fresh Baton Carrots	Ice Cream and Fruit	Steak Casserole Crusty Bread Fresh Diced Turnip Tossed Salads Mashed Potato	Monday
Strawberry Mousse & Fresh Fruit Salad	Irish Stew Homemade Wheaten Bread Broccoli Florets Sweetcorn	Artic Roll Fresh Fruit	Breaded Cod Fish Fingers Baked Beans Sweetcorn Mashed Porato	Homemade Shortbread & Fruit Pot	Breast of Chicken Curry with Boiled Rice, Naan Bread Garden Peas Selection of Salads	Fresh Fruit Salad & Yoghurt	Oven Baked Breaded Chicken Goujons Garden Peas Selection of Salads Mashed Potato	Tuesday
Lemon Sponge & Custard	Breast of Chicken Curry with Boiled Rice, Naan Bread Garden Peas	Flakemeal Biscuit & Mandarin Orange	Breast of Chicken Curry with Boiled Rice, Naan Bread French Green Beans	Apple Crumble & Custard	Fresh Breaded Cod Goujons Baked Beans Tossed Salad Mashed Potato	Carrot Cake & Custard	Breast of Chicken Curry with Boiled Rice, Naan Bread Medley of Fresh Vegetables	Wednesday
Chocolate Brownie & Custard	Roast Beef, Stuffing, Gravy Cauliflower with Cheese Sauce Fresh Baton Carrots Dry Roast Potatoes	Mashed Potato  Mashed Potato  Homemade Rice  Pudding & Pears	Roast Turkey, Stuffing & Gravy Fresh Carrot & Parsnip Dry Oven Roast Potatoes	Melon Slice & Yoghurt	Roast Beef, Stuffing & Gravy Diced Carrot & Parsnip Dry Roast Potato Mashed Potato	Mashed Potato Artic Roll & Milk	Roast Loin Pork, Stuffing and Gravy Fresh Baton Carrots Broccoli Florets Dry Oven Roast Potatoes	Thursday
Artic Roll & Jelly & Fresh Fruit	Homemade Marguerita Pizza Crunchy Fresh Coleslaw Tossed Salad Pasta Salad Baked potato or Chips	Raspberry ripple ice cream & Fresh Fruit Salad	Hotdog, Saute Onions Carrot & Cucumber Sticks Chips or Baby Boiled	Jelly & Ice Cream with Fruit Səlad	Breaded Chicken Goujons Selection of Salads Sweetcorn Chips	Potatoes Flakemeal Biscuit, & Melon Boat	Salmon Fishcake Sweetcorn Crunchy Coleslaw Tossed Salad Chills Rahv Roiled	Happy Friday





Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily



