

# GLASTRY CENTRAL KITCHEN (subject to alteration)

	Monday	Tuesday	Wednesday	Thursday	Happy Friday
06.01.20 03.02.20 02.03.20 06.04.20 04.05.20 01.06.20 29.06.20	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 Milkshake	Vegetable Soup Beef Burger & Bap Cheese/Salad Yoghurt
13.01.20 10.02.20 09.03.20 13.04.20 11.05.20 08.06.20	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 Yoghurt & Slice of Melon	Oven Baked Sausages Mixed Vegetables Mashed Potatoes Tomato Sauce Flakemeal Biscuit & Milk	Cod Fish Fingers Baked Beans Chips/Baked Potato Ice Cream & Fruit
20.01.20 17.02.20 16.03.20 20.04.20 18.05.20 15.06.20	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 Jelly and Fruit
27.01.20 24.02.20 23.03.20 27.04.20 25.05.20 22.06.20	Beef Burger Gravy Carrots Mashed Potatoes Ginger Biscuit & Fruit	Irish Stew Crusty Bread Chocolate Muffin and Milkshake	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 Yoghurt & Fresh Fruit

# school food

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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

