



## Carrowdore Primary School – Dinner Menu Autumn 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> w/c: 02–09–19 w/c: 30–09–19 w/c: 28–10–19 w/c: 25–11–19	Oven Baked Pork Sausages Baked Beans Mashed Potatoes Creamed Rice Fresh Fruit Salad	Pasta Bolognaise Crusty Bread Seasonal Salad Fruit Sponge & Custard	Roast Chicken, Stuffing Carrots / Broccoli Oven Roast & Mashed Potato Ice cream, Jelly & Fruit	Salmon Cakes Peas / Sweetcorn Diced Potatoes Flakemeal Biscuit, Fruit & Milkshake	Beef Burger & Bap Salad & Coleslaw Chips/Baked Potatoes Frozen Yoghurt Fresh Fruit
<b>Week Two</b> w/c: 09–09–19 w/c: 07–10–19 w/c: 04–11–19 w/c: 02–12–19	Oven Baked Pork Sausages Baked Beans Mashed Potatoes Creamed Rice Fresh Fruit Salad	Savoury Minced Beef Carrots & Parsnip Mashed Potato Shortbread, Fruit & Milkshake	Roast Gammon, Gravy, Shredded Cabbage, Oven Roast & Mashed Potato Selection of Yoghurts Fresh Fruit Salad	Mild Chicken Curry Boiled Rice Naan Bread Mandarin Sponge & Custard	Cod Fish Fingers Peas Chips/Baked Potatoes Salad & Coleslaw Artic Roll Fresh Fruit
<b>Week Three</b> w/c: 16–09–19 w/c: 14–10–19 w/c: 11–11–19 w/c: 09–12–19	Pasta Bolognaise Garlic Bread Seasonal Salad Creamed Rice Fresh Fruit Salad	Chicken Fillets, Gravy Carrots & Sweetcorn Mashed Potatoes Artic Roll Fresh Fruit	Roast Beef, Gravy Broccoli Oven Roast & Mashed Potato Cake & Custard	Hot Dogs Diced Potatoes Salad/Coleslaw Frozen Mousse Fresh Fruit & Milk	Whiting Fillet in Crumb Coating Baked Beans Chips/Baked Potatoes Jelly & Fruit Cocktail
<b>Week Four</b> w/c: 23–09–19 w/c: 21–10–19 w/c: 18–11–19 w/c: 16–12–19	Beef Burger & Gravy Carrots Mashed Potatoes Wheaten Bread Flakemeal Biscuit Fresh Fruit	Braised Beef Casserole Mixed Vegetables Mashed Potatoes Chocolate Sponge & Custard	Roast Turkey, Stuffing Carrots / Broccoli Oven Roast & Mashed Potato Ice cream, Pears & Chocolate Sauce	Fish Fillet Shapes Sweetcorn & Gravy Diced Potatoes Chocolate Muffin Fresh Fruit & Milk	Chicken Nuggets Baked Beans/Coleslaw Chips/Baked Potatoes Selection of Yoghurts Fresh Fruit Salad

*If you require any additional information on allergens or special diets please contact us!*