





## Bridge Primary October Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 30/9/19	Pasta Bolognese with healthy garlic bread Or Fish Fingers Served with gravy Peas/Sweetcorn/Mash Melon and yoghurt	Chicken crumble Or Steak burgers and stuffing Served with Sweetcorn/carrots/mash and saute potatoes and gravy  Jelly and fruit/rice pudding	Cottage pie Or Oven baked sausages Served with Peas/turnip/mash/gravy or pasta Frozen mousse and fruit	Roast chicken Or Mac and cheese Served with Carrots/Cauliflower/mash and gravy Flakemeal biscuits and yoghurt	Chicken curry and Rice Served with naan bread Or Homemade pizza Served with Beans/chips /pasta Chocolate Muffins or fruit
<b>Week Two</b> 7/10/19	Grilled Bacon OR Irish Stew Served with Stuffing/carrots/peas and mashed potatoes Frozen mousse or fruit	Chicken Stir fry with Curry sauce Or Chicken Nuggets Peas/beans/chips  Ice cream and fruit	Roast loin of pork Or Chicken pasta bake Served with Stuffing/Sweetcorn/ Broccoli and mash potatoes  Apple sponge or fruit	Lasagna and crusty bread Or Fish Fingers Served with Carrots/Gravy /Mash/saute potatoes  Jelly or Yoghurt	Chicken cheese wraps/Tuna OR Chicken nuggets Served with Chips/pasta/Sweetcorn  Chocolate Cookies
<b>Week Three</b> 14/10/19	Sweet and Sour Chicken and boiled rice Or Steak burgers Served with Stuffing/Carrots/Mash and gravy Yoghurts and fruit	Homemade Pizza Or Fish Fingers Served with Potato wedges/pasta/peas and sweetcorn Jelly and fruit	Roast chicken dinner Or Chicken crumble Served with Stuffing/Carrots/Turnip/Mash/Roast potatoes/Gravy	Homemade chicken and vegetable soup Hotdogs or chicken cheese wraps  Frozen mousse or fruit	Oven Baked Sausages Or Chicken curry and boiled rice Served with Chips/Beans/peas  Chocolate Sponge Cake
<b>Week Four</b> 21/9/19	Pasta Bolognese Or Chicken Nuggets Served with Mash/carrots/peas/gravy	Chicken curry and boiled rice with naan bread Or Oven baked sausages Served with Chips/Beans/Sweetcorn	Cookies /yoghurts and fruit Savoury Mince Or Fish fingers Served with Peas/Carrots/Mash/Gravy  Fresh pineapple/yoghurts	Roast Gammon Or Mac&Cheese Served with Turnip/Cabbage/Mash and gravy Shortbread or fruit	<i>SPOOKTACULAR DINNER</i> CREEPY CHICKEN GOUJONS OR BOOOOOO STEAK BURGERS SERVED WITH SCARY BEANS/SWEETCORN/CHIPS/PASTA . DESSERT WITCHES BREW & CASPER CUPCAKES
<b>Week Five</b> 28/9/19	Melon/yoghurts  <b>Halloween holidays</b>	Chocolate cookies  			

# school food

[www.schoolfoodni.com](http://www.schoolfoodni.com)

**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**

