

Mill Strand Integrated Primary School Menu Autumn/Winter 2020

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet & sour chicken served with boiled rice	Sausage, chips & beans	Pasta Bolognese bake served with green beans & garlic bread	Chicken Baguete with homemade vegetable soup	Roast Pork Dinner served with mashed potatoes, carrot & parsnip, apple sauce & gravy
<i> pudding</i> Belgian chocolate waffles	<i> Pudding</i> Yogurt & fruit	<i> Pudding</i> Jam swiss roll	<i> Pudding</i> Ice cream fruit lolly	<i> Pudding</i> Profiteroles with chocolate sauce

Selection of breads and fresh fruit available daily (apples, oranges, water melon, bananas, pears, plums, honey dew melon). Drinking water available daily.

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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Fish goujons (pollock) served with mash, peas and parsley sauce	Bang Bang chicken served with tasty noodles	Hot dog served with homemade tomato soup	Savoury mince served with roast potatoes and peas	Chicken fillet burger topped with iceberg, cheese and mayo served with French fries
<i> pudding</i> Fruit sponge & custard	<i> pudding</i> Ice cream fruit lolly	<i> pudding</i> Chocolate brownie with chocolate custard	<i> pudding</i> Rice pudding with strawberry sauce	<i> pudding</i> Yogurt & fruit

Selection of breads and fresh fruit available daily (apples, oranges, water melon, bananas, pears, plums, honey dew melon). Drinking water available daily.

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage, creamy mash and beans	Chicken goujons served with a noodle salad. Garlic mayo and sweet chilli dips (served separately)	Beef curry (mild) served with boiled rice and prawn crackers	Chicken & broccoli pasta bake served with garlic bread	Beef burger served with mixed salad & French fries. Ketchup (served separately)
<i> pudding</i> Chocolate swiss roll	<i> pudding</i> Waffle with toffee custard	<i> pudding</i> Ice cream fruit lolly	<i> pudding</i> Chocolate brownie with chocolate custard	<i> pudding</i> Yogurt & fruit

Selection of breads and fresh fruit available daily (apples, oranges, water melon, bananas, pears, plums, honey dew melon). Drinking water available daily.