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| Chicken pasta bake or chicken nuggets, chips, pasta or baked potatoes, salad, coleslaw or peas  APPLE CRUMBLE CUSTARD | Chicken fried rice with curry sauce or fresh breaded whiting, baked or mashed potatoes, sweetcorn or salad, pasta  JELLY /FRUIT | Baked Lasagne with garlic bread or Grilled bacon, mashed or baked potato,  Salad, coleslaw or baked beans, pasta  I.C. W/ CHOC. SAUCE | Roast Chicken with stuffing, oven roast, mashed potatoes  Macaroni cheese  Carrots and parsnips,  Gravy,  FLAKEMEAL BISCUIT | Fresh vegetable soup with steak burger or filled roll with salmon or chicken  DATE KRISP /CUSTARD | Gilford Primary  30/9/19 |
| Italian beef with garlic bread or BBQ chicken pizza or cheese and tomato pizza, chips or baked potatoes, pasta, salad or beans  RICE PUDDING | Irish stew or grilled sausages, mashed or baked potatoes, turnip or peas, pasta, gravy,  MUFF. CAKE/CUSTARD | Pasta bolognaise with garlic bread or chicken and cheese hot filled baguette, pasta, diced potatoes, peas, salad and coleslaw  I.C. W/CHOC.SAUCE | Baked ham with cabbage, carrots,  Mashed and roast potatoes, Gravy or  Macaroni cheese  SHORTBREAD BISCUIT | Chicken Crumble or Fish fingers, mashed or baked potato, pasta, baked beans or broccoli  JELLY AND FRUIT | 7/10/19 |
| Cottage pie or grilled sausages, baked or mashed potatoes, cabbage or baked beans, pasta, gravy  SEMOLINA FRUIT | Steak pie with potato topping or steak burger  Mashed or baked potatoes, sweetcorn, pasta, gravy  FLAKEMEAL BISCUIT | Chicken curry with boiled rice or chicken and cheese toasties, potato wedges, salad coleslaw, pasta, peas  Roast chicken with stuffing, roast and mashed potatoes, cauliflower cheese, baton carrots, gravy or Macaroni cheese  JELLY AND FRUIT  I.C.W/CHOC.SAUCE  Chicken curry with boiled rice or chicken and cheese toasties  Mashed potato or potato wedges, salad coleslaw, pasta, peas  Ice cream with fruit  Chicken curry with boiled rice or chicken and cheese toasties  Mashed potato or potato wedges, salad coleslaw, pasta, peas  Ice cream with fruit  Chicken curry with boiled rice or chicken and cheese toasties  Mashed potato or potato wedges, salad coleslaw, pasta, peas  Ice cream with fruit  Chicken curry with boiled rice or chicken and cheese toasties  Mashed potato or potato wedges, salad coleslaw, pasta, peas  Ice cream with fruit |  | Fresh vegetable soup with hot dog or filled roll with tuna or chicken  CHOCOLATE COOKIE | 14/10/19 |
| Beef curry with boiled rice or steak burger, Mashed or baked potato, pasta  Gravy,  MUFFIN CAK /CUSTARD  Beef curry with boiled rice or steak burger, Mashed or baked potato, pasta  Gravy,  Chocolate muffin and fruit  Beef curry with boiled rice or steak burger, Mashed or baked potato, pasta  Gravy,  Chocolate muffin and fruit | Chicken fried rice with curry sauce or Fresh breaded whiting, Mashed or baked potatoes, pasta, gravy  Cauliflower cheese or peas  JELLY WITH FRUIT | Chicken and pasta bake or chicken nuggets, baked or mashed potatoes, pasta, gravy  Sweetcorn  SMOOTHIE W/FRUIT | Roast rib of beef, carrots and parsnips, roast and mashed potatoes, gravy or Macaroni cheese  FLAKEMEAL BISCUIT | Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslaw  DATE KRISPIE /CUSTARD  Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslaw  Date krispie  Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslaw  Date krispie  Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslaw  Date krispie  Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslaw  Date krispie  Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslaw  Date krispie | 21/10/19 |