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| Chicken pasta bake or chicken nuggets, chips, pasta or baked potatoes, salad, coleslaw or peasAPPLE CRUMBLE CUSTARD | Chicken fried rice with curry sauce or fresh breaded whiting, baked or mashed potatoes, sweetcorn or salad, pastaJELLY /FRUIT | Baked Lasagne with garlic bread or Grilled bacon, mashed or baked potato, Salad, coleslaw or baked beans, pastaI.C. W/ CHOC. SAUCE | Roast Chicken with stuffing, oven roast, mashed potatoes Macaroni cheeseCarrots and parsnips,Gravy,FLAKEMEAL BISCUIT | Fresh vegetable soup with steak burger or filled roll with salmon or chickenDATE KRISP /CUSTARD | Gilford Primary30/9/19 |
| Italian beef with garlic bread or BBQ chicken pizza or cheese and tomato pizza, chips or baked potatoes, pasta, salad or beansRICE 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 coleslawI.C. W/CHOC.SAUCE | Baked ham with cabbage, carrots,Mashed and roast potatoes, Gravy orMacaroni cheeseSHORTBREAD BISCUIT | Chicken Crumble or Fish fingers, mashed or baked potato, pasta, baked beans or broccoliJELLY AND FRUIT | 7/10/19 |
| Cottage pie or grilled sausages, baked or mashed potatoes, cabbage or baked beans, pasta, gravySEMOLINA FRUIT | Steak pie with potato topping or steak burgerMashed or baked potatoes, sweetcorn, pasta, gravyFLAKEMEAL BISCUIT | Chicken curry with boiled rice or chicken and cheese toasties, potato wedges, salad coleslaw, pasta, peasRoast chicken with stuffing, roast and mashed potatoes, cauliflower cheese, baton carrots, gravy or Macaroni cheese JELLY AND FRUITI.C.W/CHOC.SAUCEChicken curry with boiled rice or chicken and cheese toastiesMashed potato or potato wedges, salad coleslaw, pasta, peasIce cream with fruitChicken curry with boiled rice or chicken and cheese toastiesMashed potato or potato wedges, salad coleslaw, pasta, peasIce cream with fruitChicken curry with boiled rice or chicken and cheese toastiesMashed potato or potato wedges, salad coleslaw, pasta, peasIce cream with fruitChicken curry with boiled rice or chicken and cheese toastiesMashed potato or potato wedges, salad coleslaw, pasta, peasIce cream with fruit |  | Fresh vegetable soup with hot dog or filled roll with tuna or chickenCHOCOLATE COOKIE | 14/10/19 |
| Beef curry with boiled rice or steak burger, Mashed or baked potato, pastaGravy, MUFFIN CAK /CUSTARDBeef curry with boiled rice or steak burger, Mashed or baked potato, pastaGravy, Chocolate muffin and fruitBeef curry with boiled rice or steak burger, Mashed or baked potato, pastaGravy, Chocolate muffin and fruit | Chicken fried rice with curry sauce or Fresh breaded whiting, Mashed or baked potatoes, pasta, gravyCauliflower cheese or peasJELLY WITH FRUIT | Chicken and pasta bake or chicken nuggets, baked or mashed potatoes, pasta, gravySweetcornSMOOTHIE W/FRUIT | Roast rib of beef, carrots and parsnips, roast and mashed potatoes, gravy or Macaroni cheeseFLAKEMEAL BISCUIT | Pepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslawDATE KRISPIE /CUSTARDPepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslawDate krispiePepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslawDate krispiePepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslawDate krispiePepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslawDate krispiePepperoni or cheese and tomato pizza, diced potatoes, pasta, baked beans or salad, coleslawDate krispie | 21/10/19 |