

# Belfast Boys Model Menu

## September 2012

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS THEN PLEASE CONTACT THE SCHOOL IN THE FIRST INSTANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soups</b>	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade soup of the Day	Homemade Soup of the Day
<b>Pastries</b>	Flakemeal Biscuit Fruit Jelly/Fresh Salad	Shortbread /Date Krispie	Shortbread/Date Krispie	Flake meal Biscuit/Swiss Roll Fruit Jelly/Fresh Fruit Salad	Flake meal Biscuit/Swiss Roll Fruit Jelly/Fresh Fruit Salad
<b>Salads</b>	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads
<b>Veg.</b>	Garden Peas/Baked Beans Chips/Baked Potatoes	Cabbage/Carrots/Beans Champ/Creamed Potatoes/Pasta	Carrot & Parsnip/Baked Beans Champ/Creamed Potatoes/Pasta	Garden Peas/Sweet corn/Beans Chip/Baked Potatoes	Cabbage/Peas/Beans Champ/Creamed Potatoes
<b>Daily Specials</b>	Steak burger & Bread roll Poached fillet of salmon Parsley Sauce Baked rice pudding Two fruits	Roast Leg of Pork with Gravy Chicken Fajatas	Savoury Mince Pie (scone top) Chinese Style Pork Steak Sweet Chilli Noodles	Lasagne Fillet of fish in Breadcrumbs Lemon & Tartar Sauce	Chicken Curry with Rice Oven Baked Pork Sausages
<b>Week 1</b>		Chocolate Sponge & Custard	Custard with Fruit	Flakemeal Biscuit/Custard	Apple Crumble with Custard
<b>Daily Specials</b>	Chicken Fried Rice Tossed Salad Oven Baked Sausages	Roast Leg of Pork with Gravy Pepperoni Pizza	Baked Gammon Quiché Lorraine (scone based) Beef Stew	Savoury Mince Pie Steak Burger	Fish in Breadcrumbs Lemon & Tartar Sauce Chicken Curry with Rice
<b>Week 2</b>	Jam Sponge (egg based) Custard	Fruit Muffin Custard	Ice Cream Slider/Fruit	Jelly fruit & Custard	Flakemeal/Custard
<b>Daily Specials</b>	Spaghetti Bolognese Hot dog and Onions	Sweet 'n Sour Chicken/Rice BBQ Chicken Drumsticks Jelly/Fruit/Custard	Chinese Style Pork Steak & Sweet Chilli Noodles Baked Gammon	Steak burger & Bread roll Beaded Fish Lemon & Tartar Sauce	Lasagne Beef Stew
<b>Week 3</b>	Rice Pudding with Fruit Coulis		Sponge with Chocolate Sauce	Ice Cream with Fresh Fruit	Jam Sponge/Custard
<b>Daily Specials</b>	Chicken Fried Rice Chicken Curry & Rice Naan Bread	Pepperoni Pizza Chicken & Ham Pie	Chicken Fajitas Fillet of White Fish Cheese Sauce BBQ Chicken Drumsticks	Steak burger & Bread Roll Spaghetti Bolognese	Oven Baked Pork Sausages Cheese & Ham Quiche
<b>Week 4</b>	Jelly fruit & Custard	Fruit Muffin/Custard	Apple Crumble/Custard	Fresh Fruit Salad Ice Cream	Jam Sponge (egg based) Custard

Available daily, Panini's, Sandwiches, Wraps, Baguettes, Fresh Fruit, Yoghurts, Salads, Grated Cheese