



Lisnasharragh Central Kitchen

	Monday	Tuesday	Wednesday	Thursday	Friday
03/09/18 01/10/18 05/11/18 03/12/18	Sausages Beans Mashed potatoes Yoghurt/fresh fruit	Chicken Curry, Rice & Naan Bread Date krispie and Milkshake	Breaded Fish peas Chips Baked Potato Chocolate cake and custard	Roast Beef Gravy Broccoli Roast Potatoes jelly & fruit	Irish stew Wheaten bread Fruit muffin
10/09/18 08/10/18 12/11/18 10/12/18	Breaded Fish Beans Chips Baked potatoes Rice Pudding & fruit cocktail	Pasta Bolognese Crusty bread Fruit muffins	Chicken pie with potato Peas and sweetcorn Shortbread, fresh fruit & milk	Roast turkey gravy carrot and parsnip mashed potatoes sponge and custard	Beef burger in bap salad, Cheese, herb diced potatoes frozen mousse & fruit
17/09/18 15/10/18 19/11/18 17/12/18	Steak casserole Carrots Mashed potatoes Jelly & fruit	Chicken Curry, Rice & Naan Bread Flakemeal biscuit	Roast pork Gravy turnip Roast Potatoes Swiss roll & custard	Salmon fishcakes Beans Mashed potatoes Ice cream and chocolate sauce	Chicken Burger Sweetcorn Chips Baked Potato Chocolate Muffin fresh fruit
24/09/18 22/10/18 26/11/18 24/12/18	Pasta Bolognese Crusty bread Date krispie & custard	Fish fingers beans potatoes Fruit muffin,	Roast gammon cabbage Mashed potatoes Chocolate brownie custard	Ham and Cheese Pizza Salad, Coleslaw Diced potatoes Arctic roll and fruit	Chicken bites peas chips ginger biscuits

Water/Bread/Fruit/Yogurt/Milk available daily