



# Lisnasharragh Central Kitchen

	Monday	Tuesday	Wednesday	Thursday	Friday
7/01/19 4/02/19 4/03/19 1/04/19 13/05/19 10/06/19	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
14/01/19 11/02/19 11/03/19 08/04/19 20/05/19 17/06/19	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
21/01/19 18/02/19 18/03/19 29/04/19 27/05/19 24/06/19	Steak casserole Carrots Mashed potatoes  Jelly & fruit	Chicken Curry,  Rice & Naan Bread  Flakemeal biscuit	Roast pork Gravy turnip Roast Potatoes  Sponge I & custard	Salmon fishcakes Beans Mashed potatoes  Ice cream and fruit	Chicken Burger Sweetcorn Chips Baked Potato  Chocolate Muffin fresh fruit
28/01/19 25/02/19 25/03/19 06/05/19 03/06/19	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  flakemeal biscuits

Water/Bread/Fruit/Yogurt/Milk available daily