DROMORE CENTRAL PS

*Indicates Salad Bar Available

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 23/09/19	Fish Fingers Chicken Crumble Diced Potato/Mash Broccoli/Gravy Crusty Bread Fruit Yoghurt	Steak Burger Spaghetti Carbonara Mash Sweetcorn Gravy Crusty Bread Fruit Muffin	Roast Chicken Mash/Roast Stuffing/Baton Carrots Gravy Plain Bread Frozen Mousse	Chicken Soup Hotdog Chicken/Tuna Baguette Crusty Bread Strawberry Jelly	Margarita pizza * Beef Stroganoff & Rice Chips/Mash Tomato Sauce Sweetcorn/Crusty Chocolate Cookie
Week 2 30/09/19	Fish Fingers Chicken Crumble Mash/Pasta Peas/Gravy Crusty Bread Fruit Yoghurt	Chicken Curry & Rice * Grilled Bacon Mash\Gravy Cabbage Naan Bread Flakemeal Biscuit	Roast Pork Mash/Roast Baton Carrots Stuffing/Gravy Plain Bread Raspberry Jelly	Baked Sausages Pasta in Tomato & Pesto Sauce Mash/Beans Crusty Bread Chocolate Muffin	Margarita Pizza * Salmon Fish Cake Chips/Mash Tomato Sauce Sweetcorn Plain Bread Strawberry Cookie
Week 3 07/10/19	Steak Burger in a Bap BBQ Chicken Noodles Diced Potato/Mash Broccoli/Gravy Crusty Bread	Chili Con Carne & Rice Fish Fingers Mash/Pasta Beans Crusty Bread Fruit Muffin	Roast Chicken Mash/Roast Baton Carrots Stuffing/Gravy Plain Bread Shortbread Biscuit	Margarita Pizza Irish Stew Mash/Pasta Mixed Veg/Gravy Crusty Bread Strawberry Jelly	Chicken Goujons * Sweet Chili Chicken Wraps Chips/Mash Sweetcorn Tomato Sauce Healthy Garlic Bread Fruit Yoghurt

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Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily

If you require any additional Information on allergens or Special diets please contact the school in the first instance

