

Fermanagh Area Post Primary Menu WEEK 2 & 4

	Monday	Tuesday	Wednesday (RMF)	Thursday	Friday
Soup	Homemade Chicken & Vegetable OR Cream of Cauliflower	Homemade Vegetable OR Chicken Noodle	Homemade Chicken & Vegetable OR Curry Parsnip & Apple	Homemade Vegetable OR Mediterranean Veg Soup	Homemade Chicken & Vegetable OR Leek & Pot
Main Courses	Chicken Korma & Rice with G' Bread Grilled Bacon & Stuffing	Homemade Beef Mince/Chicken Pie Chilli Chicken Pasta	Golden Crumb Fish Fillet Chicken Crumble	Roast Breast of Turkey/Chicken Fillet & Herb Stuffing Italian Tomato Pasta	Beef Lasagne Breaded Fillet of Fish
Theme Dish	Spiced Chicken Fajita	Chinese Style Chicken Rice & Peas	Breast of Chicken Curry with Boiled Rice & Naan Bread	Traditional Sausage & Bean Pie	Chicken Chow Mein With Noodles
Grab & Go /Snacks	Ham/Bacon & Cheese Panini Steak Burger & Bap Salt & Chilli/Southern Spiced Chicken Strips	Sweet Chilli Chicken Wraps Steak Burger & Bap Jumbo Fish Fingers	Southern Fried Chicken Panini Oven Baked Sausage/Hot Dog Chicken Fajita Wrap	Flaked Salmon Wrap Steak Burger & Bap Creole Chicken Panini	Chicken Burger Homemade Margherita Pizza Hot Dog
Vegetables & Potatoes	Broccoli Florets Sweetcorn Baked Beans Chips Mashed Potato Salad Selection	Garden Peas Diced Carrot Broccoli Florets Oven Roast Herb dice Baked Beans Salad Selection	Garden Peas/Sweetcorn Diced Carrot Baked Beans Chips Mashed Potato Salad Selection	Diced Carrot/Parsnip Broccoli Florets Mashed Potato Oven Roast Potato Baked Potato & Filling Salad Selection	Sweetcorn Mashed Potato Baked Beans Chips Coleslaw Salad Selection
Desserts	Selection of Dessert incl. Cornflake Tart Artic Roll Fresh Fruit Fresh Yoghurt	Selection of Dessert incl. Homemade Jam & Coconut Sponge Homemade Short Bread Fresh Fruit Fresh Yoghurt	Selection of Dessert incl. Chocolate Rice Krispie Sticky Toffee Pudding Fresh Fruit Salad Fresh Yoghurt	Selection of Dessert incl. Chocolate Brownie Ice Cream Slider Fresh Fruit Fresh Yoghurt	Selection of Dessert incl. Homemade Short Bread Banoffee Pie Fresh Fruit Fresh Yoghurt

Vegetarian Options Available at Counter

Salad & Sandwiches Available Daily

Fresh Fish May Contain Bones