

DEPARTMENT OF EDUCATION AND CHILDREN – SCHOOL MEALS SERVICE – BALLAUGH MEAL CENTRE – NOV 2012 to MAR 2013

Week Commencing: Monday 5th November, Monday 3rd December, Monday 14th January, Monday 11th February, Monday 18th March

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	FISH FINGERS PEAS LOW FAT OVEN CHIPS	BEEF BOLOGNAISE BROCCOLI PASTA	LEEK AND POTATO SOUP SWEET AND SOUR CHICKEN MIXED VEGETABLES EGG NOODLES	ROAST PORK AND GRAVY DICED CARROTS ROAST POTATOES	PEPPERONI PIZZA SWEETCORN GREEN SALAD SIDE OF DICED POTATOES
ALTERNATIVE CHOICE	CHICKEN GOUJONS PEAS LOW FAT OVEN CHIPS	VEGETARIAN SAUSAGE (V) BROCCOLI PASTA	JACKET POTATO AND GRATED MANX CHEESE(V) MIXED VEGETABLES	CORNISH PASTY AND GRAVY DICED CARROTS ROAST POTATOES	TUNA SWEETCORN GREEN SALAD SIDE OF DICED POTATOES
DESSERT OF THE DAY	SHORTBREAD WITH MILK	FRUITY CHOCOLATE TRAYBAKE WITH CUSTARD	MANX VANILLA ICE CREAM WITH BANANA	JELLY WITH MANDARINS	STICKY TOFFEE PUDDING WITH CUSTARD
AVAILABLE DAILY	AS AN ALTERNATIVE DESSERT, FRESH FRUIT OR TOASTED PUMPKIN SEEDS AND RAISIN POTS ARE AVAILABLE DAILY AS IS MANX WHOLEMEAL BREAD AND WATER				

Week Commencing: Monday 12th November, Monday 10th December, Monday 21st January, Monday 25th February

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BREADED HADDOCK BAKED BEANS JACKET WEDGES	MANX SAVOURY MINCE MIXED VEGETABLES PASTA TWIRLS	MILD CHICKEN CURRY WITH NAAN BREAD SWEETCORN RICE	MANX ROAST BEEF AND GRAVY MASHED CARROT AND SWEDE ROAST POTATOES	MANX SAUSAGE CASSEROLE BROCCOLI CROQUETTE POTATOES
ALTERNATIVE CHOICE	CHEESE AND ONION PASTY (V) SWEETCORN GREEN SALAD SIDE OF DICED POTATOES	CHICKEN WRAP MIXED VEGETABLES PASTA TWIRLS	JACKET POTATO WITH TUNA SIDE SALAD SWEETCORN	QUORN BURGER (V) AND GRAVY MASHED CARROT AND SWEDE ROAST POTATOES	MINI CHICKEN BREAST BROCCOLI CROQUETTE POTATOES
DESSERT OF THE DAY	FLAPJACK WITH FRUIT	RICE PUDDING WITH STRAWBERRY SAUCE	YOGURT WITH FRUIT	CHOCOLATE DELIGHT WITH FRUIT	APRICOT SHORTBREAD WITH MILK
AVAILABLE DAILY	AS AN ALTERNATIVE DESSERT, FRESH FRUIT OR TOASTED PUMPKIN SEEDS AND RAISIN POTS ARE AVAILABLE DAILY AS IS MANX WHOLEMEAL BREAD AND WATER				

Week Commencing: Monday 19th November, Monday 17th December, Monday 28th January, Monday 4th March

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	POLLACK GOUJONS JULIENNE CARROTS LOW FAT OVEN CHIPS	MOROCCAN CHICKEN PEAS RICE	FISH FINGERS BROCCOLI DICED SAVOURY POTATOES	ROAST TURKEY WITH GRAVY CARROTS BOILED POTATOES	MARGARITA PIZZA (V) SWEETCORN PASTA SALAD
ALTERNATIVE CHOICE	JACKET POTATO WITH CHEESE AND CHIVES (V) JULIENNE CARROTS	TUNA PEAS RICE	SAUSAGE ROLL (V) BROCCOLI DICED SAVOURY POTATOES	SAVOURY MINCE CARROTS BOILED POTATOES	HOT DOG (V) SWEETCORN PASTA SALAD
DESSERT OF THE DAY	YOGURT AND FRUIT	CHEESE AND BISCUITS WITH GRAPES	BANANA AND DATE CAKE WITH CUSTARD	APRICOT CRISP WITH MILK	JELLY WITH PEACHES
AVAILABLE DAILY	AS AN ALTERNATIVE DESSERT, FRESH FRUIT OR TOASTED PUMPKIN SEEDS AND RAISIN POTS ARE AVAILABLE DAILY AS IS MANX WHOLEMEAL BREAD AND WATER				

Week Commencing: Monday 26th November, Monday 7th January, Monday 4th February, Monday 11th March

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SALMON AND SWEET POTATO FISHCAKE SWEETCORN PASTA WITH TOMATO SAUCE	CHEESE PIE (V) BAKED BEANS SIDE OF LOW FAT CHIPS	MANX SAUSAGES WITH GRAVY DICED CARROTS MASHED POTATOES	ROAST GAMMON AND GRAVY CAULIFLOWER ROAST POTATOES	MANX BEEF BURGER IN A BAP SIDE SALAD SIDE OF LOW FAT CHIPS
ALTERNATIVE CHOICE	CHICKEN GOUJONS SWEETCORN PASTA WITH TOMATO SAUCE	MINI CHICKEN BREAST BAKED BEANS SIDE OF LOW FAT CHIPS	CORNISH PASTY WITH GRAVY DICED CARROTS MASHED POTATOES	JACKET POTATO WITH PIZZA SAUCE (V) CAULIFLOWER	HAM BAGUETTE SIDE SALAD SIDE OF LOW FAT CHIPS
DESSERT OF THE DAY	FRUIT WITH MANX ICE CREAM	CHOCOLATE SPONGE WITH CUSTARD	CHEESE AND BISCUITS WITH APPLE	CARROT CAKE WITH ORANGE JUICE	JAM SPONGE WITH CUSTARD
AVAILABLE DAILY	AS AN ALTERNATIVE DESSERT, FRESH FRUIT OR TOASTED PUMPKIN SEEDS AND RAISIN POTS ARE AVAILABLE DAILY AS IS MANX WHOLEMEAL BREAD AND WATER				

All beef, lamb and pork (other than gammon) as shown in the menu are from animals farmed in the Isle of Man.

Please note meals may not be served in the order printed above, our cooks may need to change the menu at short notice, if for instance, there is a problem with food deliveries or a school activity has been arranged, but we will try to keep these changes to the minimum.