

Sgoil an Taobh Siar 28 Oct - 22 Nov **PLEASE CIRCLE CLEARLY THE CHOSEN CHOICE** Please Return By: 02/10/19

Mon 28-Oct Week 1	Tues 29-Oct	Wed 30-Oct	Thurs 31-Oct "Halloween"	Fri 01-Nov
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Hot Dog Roll, Spagetti Rings & Cucumber	Homemade Pizza, Potatoe Wedges, Tomato or Beans	Beef Lasagne, Broccoli & Salad	Pirate Beef Curry, Rice, Sweetcorn, Salad & Nan Bread	Breaded Haddock, Chips, Peas & Salad
or	or	or	or	or
Vegetable Soup & Cheese Roll	Chicken Wrap & Wedges	Baked Potato & Beans	Walk the Plank Spaghetti & Cheese Pie	Cold Ham, Chips & Coleslaw
PUDDING	PUDDING	PUDDING	PUDDING	PUDDING
Sponge with Jam Sauce & Custard or Fruit	Raspberry Smoothie or Fruit	Fresh Fruit Salad or Fruit	Treasure Island Smartie Cookies & Milk or Fruit	Biscuits & Cheese, Yoghurt or Fruit

Mon 04-Nov Week 2	Tues 05-Nov	Wed 06-Nov	Thurs 07-Nov	Fri 08-Nov
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Bacon Bagel, Baked Beans or Tomato	Spagetti Bolognaise & Seasonal Veg	Chicken Pie, Potatoes, Sweetcorn & Peas	Roast Ham, Potatoes, Cauliflower & Carrots	Fish Fingers, Chips, Beans or Salad
or	or	or	or	or
Macaroni Cheese	Lentil Soup & Cheese Roll	Plain or Cheese Omelete & Salad	Baked Potato & Baked Beans	Pasta Bake
PUDDING	PUDDING	PUDDING	PUDDING	PUDDING
Apple Crumble & Custard or Fruit	Raspberry Smoothie or Yoghurt	Ice Cream Cones or Fruit	Choc Iced Sponge or Fruit	Yoghurt, Jelly or Fruit

Mon 11-Nov Week 3	Tues 12-Nov	Wed 13-Nov	Thurs 14-Nov	Fri 15-Nov
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
French Bread Pizza, Spagetti Rings & Salad	Pasta Bolognaise & Seasonal Veg	Breaded Haddock, Chips, Peas & Carrots	Steak Pie, Potatoes, Cauliflower & Broccoli	Chicken Curry, Rice, Sweetcorn & Cucumber
or	or	or	or	or
Vegetable Soup & Ham Roll	Spaghetti & Cheese Pie (Pastry)	Macaroni Cheese	Chicken Wrap & Salad	Baked Potato & Tuna & Sweetcorn
PUDDING	PUDDING	PUDDING	PUDDING	PUDDING
Sticky Toffee Pudding & Custard or Fruit	Fresh Fruit Salad or Fruit	Scones & Milk or Fruit	Apple Cake & Ice Cream or Fruit	Biscuits & Cheese, Yoghurt or Fruit

Mon 18-Nov Week 4	Tues 19-Nov	Wed 20-Nov	Thurs 21-Nov	Fri 22-Nov
MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE	MAIN COURSE
Baked Sausages, Potatoes & Mixed Veg	Turkey Burger, Wedges, Baked Beans & Carrot Sticks	Mince, Potatoes & Seasonal Veg	Chicken Chow Mein, Noodles, Sweetcorn & Salad	OFF
or	or	or	or	or
Pasta Bake	Veg Soup & Cheese Roll	Carrot & Corriander Soup & Egg Baguette	Baked Potato & Beans	OFF
PUDDING	PUDDING	PUDDING	PUDDING	PUDDING
Flapjack & Milk or Fruit	Caramel Tart & Custard or Fruit	Smoothie or Fruit	Fresh Fruit Salad or Fruit	OFF