

Omagh Integrated Primary School Menu. Year 23/24 Anne Kitchen 02882251587 amcnulty663@c2ken.net

WEEK 1 06/11, 04/12,	Sausages, Or	Chicken Curry & Rice,	Chicken Crumble or Bacon	Spaghetti Bolognaise, Or	Chicken Goujons, or Fish,
08/01, 05/02,	Margherita Pizza,	Naan Bread, or, Fish	Slice. Mashed Potato,	Steak Burger & Tomato	Beans & Chips.
03/03, 01/04,	Mashed Potatoes,	Fingers. Mashed	Chips, Broccoli.	Ketchup, Mashed Potatoes	
29/04, 27/05, 24/06	Mixed Veg.	Potatoes, Peas.		& Corn.	Choc Ice.
		Apple Crumble &	Ginger Biscuit,		
	Chocolate Cracknel,	Custard.	Custard.	Vanilla Sponge,	
	Custard.			Custard.	
WEEK 2 13/11, 11/12, 15/01, 12/02, 11/03, 08/04, 6/05,03/06	Sausage, or, Chicken	Tex - Mex Mince & Rice,	Chicken Bites, Tuna cheese	Roast of the week,	Fish, or, Pizza, Beans,
	Cheese melt, Mashed	or, Chicken Wraps,	melt, Peas, Mashed	Carrots, Broccoli, Mash,	Chips.
	Potatoes, Pasta, Peas. Salads.	Corn, Potato Skins.	Potatoes, or chips. Gravy	Roast potatoes.	
		Flake Meal Biscuit,	Iced Sponge,		 Ice cream & Jelly
	Chocolate Cookie.	Custard.	Custard.	Milkshake & Biscuit.	rec oreally
WEEK 3	Mac `N` Cheese, or,	Chicken Bites, or Pizza,	Sausage, or Mozzarella	Chicken, or Gammon,	Beef Burger, or Bacon,
0/11, 18/12, 2/ 0 1, 19/02,	Bacon Rolls, Peas,	Broccoli, Pasta	Sticks. Beans, Mashed	Green Beans, Mashed	Peas, Chips.
18/03, 15/04, 13/05, 10/06	Mash.	Potatoes.	Potatoes, or chips.	Potatoes, Gravy.	·
	Tart & Custard	Chocolate Brownie.	Chocolate Cracknel,	Fruit Muffin,	ice Cream & Jelly
		Custard.	Custard.	Custard.	
VEEK 4	Fish Fingers, or, Pizza,	Spaghetti Bolognaise or,	Savoury Mince, or Chicken	Roast of the week,	Mozzarella Sticks, or,
7/11, 1/01, 9/01, 26/02,	Mixed Vegetables,	Chicken Wraps, Mashed	Goujons, Mashed potatoes,	Carrots, Broccoli, Mash,	Sausage, Baked Beans,
25/03, 22/04, 20/05, 17/06	Mash.	Potatoes, Tossed Salad.	or chips, Carrots & Parsnips.	Roast potatoes.	Chips.
	Fruit Cookie,	Jam Coconut Cake,		Donuts.	Rocket Lolly
	Custard.	Custard.	Rice Krispie Square,		
			Custard.		

Fruit and Salads are available every day. Milk, & Water Available Daily If You Require Any Additional Information on Allergens or Special Diets. Please Contact Anne Mc Nulty to complete a Special Diets Application Form