



# Dromore High School

**WEEK ONE**  
**Week Beginning**  
31 Aug, 28 Sep,  
26 Oct, 23 Nov,  
21 Dec, 25 Jan,  
22 Feb, 22 Mar,  
19 April, 17 May,  
14 June

## Monday

Chicken Soup  
Oven-baked Bread-Rolls  
\*\*\*\*

Chicken Crumble with  
Fresh Salad & Coleslaw

Oven Baked Breaded  
Whiting with Lemon

\*\*\*\*

Chips/Baked Potato

Baton Carrots & Baked  
Beans

\*\*\*\*

Cheese & Beans Baked  
Potato

Margherita Pizza Slice

Sausages/Hot-Dog Baps

Chicken Fillet Burger/Bap

Curry/Gravy//Salad

\*\*\*\*

Shortbread Biscuit

## Tuesday

Rich Tomato Soup Oven-  
baked Bread-Rolls  
\*\*\*\*

Beef Lasagna with Toasted  
Garlic Bread

Chicken Stroganoff

\*\*\*\*

Steamed Rice & Oven  
Baked Wedges

Garden Peas & Cajun Corn  
on the Cob

\*\*\*\*

Tuna Melt Bagel

Chilli Chicken Wings

Bacon & Cheese Beef  
Burger/Bap

Chicken Goujons  
Ham & Cheese Panini

Pepperoni Pizza Slice

Gravy & Salad

\*\*\*\*

Homemade Fifteens

## Wednesday

Vegetable Soup  
Oven-baked Bread-Rolls  
\*\*\*\*

Chicken Curry & Naan  
Bread

Cajun Chicken Pasta &  
Garlic Bread

\*\*\*\*

Chips/Noodles/Rice

Garden Peas & Salad

\*\*\*\*

Chicken Panini

BBQ Pork Rib

Cheese & Beans Baked  
Potato

BBQ Chicken Pizza

Chicken Fillet Burger/Bap

Super Sauce & Gravy

\*\*\*\*

Chocolate Sponge

## Thursday

Bacon & Red Lentil soup  
Oven-baked Bread-Rolls  
\*\*\*\*

Roast Chicken Dinner

Cottage Pie

\*\*\*\*

Mashed Potato, Roast  
Potato & Stuffing

Cauliflower, Broccoli

\*\*\*\*

Chicken Fillet Burger/Bap

BBQ Pizza

Ham & Cheese Panini

Sausages/Hotdog Baps

Bacon & Cheese Loaded  
Baked Potato

Gravy & Stuffing

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Jam and Coconut Sponge

## Friday

Potato & Leek Soup  
Oven-baked Bread-Rolls  
\*\*\*\*

Chicken Goujons

Salmon Fish Cake

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Baked Beans, Sweetcorn  
Chips or Baked Potato

Cajun Corn on the Cob

\*\*\*\*

Honey Chilli Chicken Wings

Sausages/Hotdog Baps

Chicken Tikka Melt Panini

Beef Burger/Bap

Margherita Pizza Slice

Curry & Chicken Gravy

\*\*\*\*

Rice Krispie Square

## SNACK ITEMS



Why not try  
something from  
our range of  
healthy snack  
items?

## GRAB & GO SALAD BAR



We serve a selection  
of sandwiches, wraps,  
panini, salads,  
burgers, soups & other  
Grab & Go items.

## SWEET TREATS



Fancy something  
sweet... we have  
lots of options.

## FLAVOURS OF THE WORLD



Check Out  
Our Daily  
Flavours Of The  
World Dish!

If you require any additional information on allergens or special diets  
please contact your school.

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <p>Tangy Tomato Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Chorizo Chicken Penne Pasta with Garlic Bread</p> <p>Oven Baked Breaded Haddock with Lemon<br/>****</p> <p>Chips/Penne Pasta</p> <p>Green Peas/Baked Beans<br/>****</p> <p>Chicken Fillet Burger/Bap</p> <p>BBQ Pork Rib</p> <p>Salted Chilli Chicken Wings</p> <p>Pepperoni Pizza Slice</p> <p>Super Sauce &amp; Curry Sauce<br/>****</p> <p>Chocolate Brownie</p> | <p>Cream of Vegetable Soup Oven-baked Bread-Rolls<br/>****</p> <p>Chicken Crumble with Fresh Salad &amp; Coleslaw</p> <p>Crispy Chilli Beef Noodles<br/>****</p> <p>Baby Potatoes/Mashed Potatoes</p> <p>Broccoli &amp; Baton Carrots<br/>****</p> <p>Beef Burger/Bap</p> <p>Chicken Goujons</p> <p>Bacon &amp; Cheese Loaded Baked Potato</p> <p>Margherita Pizza Slice</p> <p>Tex-Mex Dirty Wedges</p> <p>Gravy &amp; Salad<br/>****</p> <p>Shortbread Biscuit</p> | <p>Potato &amp; Leek Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Chicken Curry with Toasted Garlic Naan</p> <p>Chicken Fajita<br/>****</p> <p>Chips/Rice</p> <p>Sweetcorn &amp; Carrots<br/>****</p> <p>Chicken Fillet Burger/Bap</p> <p>Southwest Chicken Panini</p> <p>Chicken Tikka &amp; Cheese Wrap</p> <p>Sausages/Hot-Dog Baps</p> <p>Margherita Pizza Slice</p> <p>Super Sauce/Curry/Gravy<br/>****</p> <p>Cornflake Cakes</p> | <p>Bacon &amp; Red Lentil Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Roast Turkey Dinner</p> <p>Tomato &amp; Herb Meat Balls</p> <p>Mashed Potato, Roast Potatoes, Stuffing &amp; Pasta</p> <p>Carrots Cubes &amp; Turnip<br/>****</p> <p>Beef Burger/Bap</p> <p>Sausages/Hot-Dog Baps</p> <p>BBQ Chicken &amp; Cheese Bagel</p> <p>Cheese &amp; Beans Loaded Baked Potato</p> <p>Chilli Chicken Panini</p> <p>Gravy/Stuffing<br/>****</p> <p>Orange and Lemon Buns</p> | <p>Cream of Chicken Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Crispy Chilli Chicken</p> <p>Oven Baked Cod Goujons with Lemon Wedge</p> <p>Chips, Rice, Sweet Chilli Baby Potatoes</p> <p>Cajun Corn on the Cob &amp; Garden Peas<br/>****</p> <p>Chicken Goujons</p> <p>Chicken Tikka Melt Panini</p> <p>BBQ Chicken Wings</p> <p>Crumbly Spicy Chicken Pizza</p> <p>Curry/Chicken Gravy<br/>****</p> <p>Homemade School Iced Cake</p> |



## SNACK ITEMS



Why not try something from our range of healthy snack items?

## GRAB & GO SALAD BAR



We serve a selection of sandwiches, wraps, panini, salads, burgers, soups & other Grab & Go items.

## SWEET TREATS



Fancy something sweet... we have lots of options.

## FLAVOURS OF THE WORLD



Check Out Our Daily Flavours Of The World Dish!

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p>Butternut Squash Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Chicken Fajita Pasta &amp; Garlic Bread</p> <p>Steak Pie<br/>****</p> <p>Chips/Mash/Pasta</p> <p>Sliced Carrots &amp; Garden peas<br/>****</p> <p>Pepperoni Pizza Slice</p> <p>Beef Burger/Bap</p> <p>Margherita Pizza Slice</p> <p>Sausages/Hot-Dog Baps</p> <p>Oven Baked Chicken Chunks</p> <p>Curry Sauce/Gravy/Salad<br/>****</p> <p>Ginger Biscuit</p> | <p>Potato &amp; Leek Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Beef Bolognese with Toasted Garlic Slice</p> <p>Salted Chilli Chicken<br/>****</p> <p>Honey Garlic Noodles/Oven Baked Potato Wedges &amp; Pasta Spirals</p> <p>Garden Peas &amp; Sliced Carrots<br/>****</p> <p>Tuna Melt Bagel</p> <p>Oven Baked Salt &amp; Chilli Chicken Chunks</p> <p>Chicken Fillet Burger/Bap</p> <p>BBQ Rib</p> <p>Ham &amp; Cheese Panini<br/>****</p> <p>Oatmeal Biscuit</p> | <p>Chunky Vegetable Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Beef Curry with Naan Bread</p> <p>BYO – Burger Bar<br/>****</p> <p>Chips/Rice</p> <p>Beans &amp; Sweetcorn<br/>****</p> <p>Oven Baked Fish Goujons</p> <p>Chicken Cheese Toastie</p> <p>BBQ Pizza</p> <p>Sausages/Hot-Dog Baps</p> <p>BBQ Chicken &amp; Cheese Baked Potato</p> <p>Curry Sauce/Gravy/Salad<br/>****</p> <p>Carrot Cake</p> | <p>Cream of Tomato Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Roast Gammon Dinner</p> <p>Chicken Pie<br/>****</p> <p>Mashed Potato, Roast Potato, Stuffing &amp; Gravy</p> <p>Cabbage &amp; Batton Carrots<br/>****</p> <p>Chicken Fillet Burger/Bap</p> <p>Fish Goujons</p> <p>BBQ Chicken &amp; Cheese Bagel</p> <p>Cheese &amp; Beans Loaded Wedges</p> <p>Hawaiian Panini</p> <p>Margherita Pizza Slice<br/>****</p> <p>Rice Krispie Squares</p> | <p>Curried Carrot &amp; Coconut Soup<br/>Oven-baked Bread-Rolls<br/>****</p> <p>Crispy Chilli Beef</p> <p>Salt n Chilli Chicken Loaded Fries<br/>****</p> <p>Chips, &amp; Rice</p> <p>Baton Carrots &amp; Cajun Corncob<br/>****</p> <p>Chicken Goujons</p> <p>Beef Burger/Bap</p> <p>BBQ Chicken &amp; Cheese Wrap</p> <p>Crumbly Spice Chicken Pizza</p> <p>Sausages/Hot-Dog Baps</p> <p>Curry/Chicken Gravy<br/>****</p> <p>Chocolate Cake</p> |

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| Monday                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p>Cream Of Chicken Soup Oven-baked Bread-Rolls ****</p> <p>Beef Lasagna &amp; Garlic Bread</p> <p>Sticky Honey Garlic Salmon ****</p> <p>Steamed Rice/Chips/Soft Noodles</p> <p>Broccoli &amp; Garden Peas ****</p> <p>Chicken Fillet Burger/Bap</p> <p>Southwest Chicken Panini</p> <p>Margherita Pizza</p> <p>Sausages/Hot-Dog Baps</p> <p>Super Sauce/Curry Sauce/Gravy/Salad ****</p> <p>Cornflake Biscuit</p> | <p>Chicken &amp; Vegetable Soup Oven-baked Bread-Rolls ****</p> <p>Stuffed Bacon Rolls</p> <p>Chicken Alfredo Pasta with Toasted Garlic Slice ****</p> <p>Mashed Potato/Pasta Spirals</p> <p>Broccoli &amp; Carrots ****</p> <p>Beef Burger/Bap</p> <p>Sweet Chilli Chicken &amp; Cheese Baked Potato</p> <p>Chicken Goujons</p> <p>Pepperoni Pizza</p> <p>Dirty Nachos</p> <p>Gravy/Stuffing ****</p> <p>German Biscuit</p> | <p>Potato &amp; Leek Soup Oven-baked Bread-Rolls ****</p> <p>Chicken Curry with Naan Bread</p> <p>Bacon &amp; Cheeseburger ****</p> <p>Steamed Rice/Chips</p> <p>Diced Carrot &amp; Broccoli ****</p> <p>Margherita Pizza Slice</p> <p>Honey Chilli Wings</p> <p>Ham &amp; Cheese Toastie</p> <p>Sausages/Hot-Dog Baps</p> <p>Chicken Caesar Salad Wrap</p> <p>Curry/Gravy ****</p> <p>Chocolate Brownie</p> | <p>Bacon &amp; Red Lentil Soup Oven-baked Bread-Rolls ****</p> <p>Roast Beef Dinner &amp; Yorkshire Pudding</p> <p>Cajun Chicken Pasta ****</p> <p>Mashed Potato, Roast Potato, Stuffing &amp; Gravy</p> <p>Cubed Carrots &amp; Turnip ****</p> <p>Chicken Fillet Burger/Bap</p> <p>BBQ Chicken &amp; Cheese Bagel</p> <p>Sausages/Hot-Dog Baps</p> <p>Bacon &amp; Cheese Loaded Baked Potato ****</p> <p>Ginger Biscuit</p> | <p>Cream Of Tomato Soup Oven-baked Bread-Rolls ****</p> <p>Beef Burrito Bowl</p> <p>Spice Bag ****</p> <p>Chips/Rice or Baked Potato</p> <p>Baked Beans &amp; Garden Peas ****</p> <p>Fish Fingers</p> <p>Chicken Goujons</p> <p>Margherita Pizza Slice</p> <p>Beef Burger/Bap</p> <p>Chicken Tikka Melt Panini</p> <p>BBQ Chicken Wings</p> <p>Curry/Chicken Gravy ****</p> <p>Homemade 15's</p> |



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