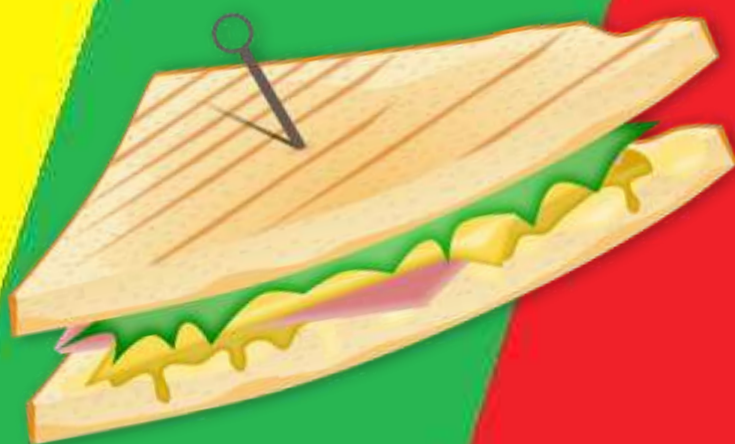


Friends' School Lisburn

Catering

2022 - 2023



FRIENDS' SCHOOL
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August 2022

I would like to take this opportunity to tell you about the catering service that we provide.

Our chefs are qualified in food hygiene and nutrition and they have relevant catering qualifications, providing freshly prepared and balanced meals.

We cater for a variety of dietary requirements such as vegetarians and those with coeliac problems, taking reasonable measures to produce a nut free environment.

A vending service is available throughout the day, providing chilled water and fruit juices. Free filtered water is available in the Dining Hall.

All reasonable suggestions are welcome and will be considered and added to the Menu choice, providing they are in compliance with the nutritional standards. We encourage any comments you may have on how to improve the service, as we value you as a potential customer. Comments should be placed in the Comments Box in the Dining Hall.

I hope that you enjoy your years at Friends' School and that the catering service will be part of your very positive experience here with us.

Yours sincerely



Braid Irwin
(Catering Manager)

*All prices and menus are correct at time of publishing and subject to availability
August 2022*



Mount Charles Group

Morning Bistro Menu

8.00 am – 8.30 am



1 Slice Toast with Butter

£0.40

Crusty Roll

£0.50

Pain au Choc

£1.20

Breakfast Cereal & Milk

£1.20

Orange Juice / Apple Juice

£0.60

Chilled Milk

£0.60

Coffee Cup

£1.20

Tea Cup

£0.70

Cadbury Hot Chocolate

£1.20

Breakfast Meal Deal

£2.00

Cereal & Milk, Buttered Toast & Choice of Any Beverage



Mount Charles Group

Morning Break Menu

10.25 am – 10.40 am



Ham & Cheese Baguette	£1.20	Tray Bake	£1.00
Sausage Bagel	£1.50	Popcorn	£1.00
Bacon Bap	£1.20	Fresh Fruit Salad	£1.00
Cheese Pizza	£1.20	Selection of Fresh Fruit	£0.60/£0.80
Sweet Waffle	£1.00	Homemade Soup (Cup)	£1.50
Sweet Chilli Roll	£1.00	Baked Crisps	£1.00
Sausage Soda	£1.00	Chocolate Chip Cookie	£1.20
Slice of Toast	£0.40	Crisps	£1.00
Homemade Scone	£0.70	Hot Chocolate	£1.20
Bagel	£0.80	Sukie	£1.00
Choc Muffin	£1.00	Latte	£1.20
Crusty Roll	£0.50	Tea	£0.70
Plain Croissant	£1.00	750ml Water	£1.30
Hot Dog	£1.20	500ml Water	£1.10
Pan au Choc	£1.20		

DELI BAR

All £3.00

Available Daily

Sliced chicken wrapped in a fresh tortilla

or

Ham and Cheese Panini

Served with a choice of

Chocolate Chip Cookie

or

a Drink



Week Ending Dates 2022/2023

Week 1		Week 2	
1	02/09/22	1	09/09/22
2	30/09/22	2	07/10/22
3	28/11/22	3	11/11/22
4	02/12/22	4	09/12/22
5	06/01/23	5	09/01/23
6	03/02/23	6	10/02/23
7	10/03/23	7	17/03/23
8	21/04/23	8	28/04/23
9	19/05/23	9	26/05/23
10	16/06/23	10	23/06/23
Week 3		Week 4	
1	16/09/22	1	23/09/22
2	14/10/22	2	21/10/22
3	18/11/22	3	25/11/22
4	16/12/22	4	23/01/23
5	20/01/23	5	27/01/23
6	24/03/23	6	03/03/23
7	24/04/23	7	31/04/23
8	05/05/23	8	12/05/23
9	02/06/23	9	09/06/23
10	30/06/2023	10	

Halloween - 31stOctober – 07th November 2022

Christmas - 21th December – 4th January 2022

Half Term - 13th February – 20th February 2023

Easter - 31st March – 17th April 2023

2022 - 2023 Week 1 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert				
Main Course 1	Spaghetti Bolognaise Topped with Grated Cheddar	4oz Steak Burger in a Soft Bun	Creamy Chicken & sweetcorn puff Pie (Home- Made)	Home-Made Meatball in a Rich Tomato Sauce served with Pasta	Margherita Pizza
Main Course 2	Homemade chicken Goujons (Optional Chilli Sauce)	Breast of Chicken Curry with Rice or Chips	Smoky BBQ Chicken Breast served with pasta	Grilled Pork sausages	American Chicken fillet
Main Course 3	Oven Baked Cod with Lemon & Tartar Sauce	Garlic and cheese Naan Bread pizza	Jumbo Pork Sausage Roll	Honey Chilli Chicken served with Braised rice	Breaded Cod Fish Fingers with Tartar Sauce
Vegetarian	Quorn Bolognaise	Vegetable Curry & Braised Rice	Vegetable Wrap	Cheese & Onion Muffin	Margherita Pizza
Vegetables & Potatoes	Baked Beans Garden Peas Mashed Potatoes	Sweetcorn Baked Beans Chipped Potatoes Braised Rice	Mixed Vegetables Baked Beans Mashed Potatoes	Sliced Carrots Baked Beans Oven Roast Potatoes	Green Beans Baked Beans Chipped Potatoes
Dessert	Jam Doughnut or Apple Crumble & Custard	Meringue Shell or Creamy Rice Pudding & Fruit	Orange & Choc Cheese Cake or Chocolate Cracknel & Custard Sauce	Victoria Sandwich or Sticky Toffee Pudding & Custard Sauce	Chocolate Chip Shortbread or Marble Sponge & Custard
Drinks & Snacks	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk				

2022 - 2023 Week 2 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert				
Main Course 1	Spicy Sausage Pasta Bake with Cheddar	Hot Dog with onions & Relish	Stuffed Bacon Roll	Baked Salmon Supreme with lemon	Breast of Chicken Curry with Rice or Chips
Main Course 2	Oven baked Chicken Burger (Chilli Sauce optional)	Home- made Chicken Goujons	Cottage Pie (Savoury mince topped with mashed potato)	Tomato & Basil Pasta Bake with diced ham	Lasagne au Gratin
Main Course 3	Chicken in Black Bean Sauce served with Egg Noodles	Chinese Pork Steak	Chicken Fajita	Margherita Pizza (Home- made)	Freshly Battered Whiting & Tartar Sauce
Vegetarian	Spicy pasta Bake with Cheddar	Cheese & Tomato Toastie	Quorn Cottage Pie	Tomato & Basil Pasta Bake	Breaded Vegetable Burger
Vegetables & Potatoes	Sweetcorn Baked Beans Oven Roast Potatoes	Broccoli Baked Beans Chipped Potatoes	Mixed Vegetables Baked Beans Oven Baked Potatoes	Garden Peas Baked Beans Mashed Potatoes	Garden Peas Baked Beans Chipped Potatoes Braised Rice
Dessert	Vanilla Cheese Cake or Chocolate Sponge & Custard Sauce	Fruit Pavlova or Creamy Rice Pudding & Fruit	Jam & Cream Roulade or Rhubarb Pie & Custard	Strawberry Shortcake Or Cornflake Tart & Custard Sauce	Chocolate Muffin or Lemon Drizzle Cake & Custard
Drinks & Snacks	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk				

2022 - 2023 Week 3 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert				
Main Course 1	Tomato & Basil Pasta Bake Topped with Ham & Cheddar	Stuffed Chicken breast with gravy	Savoury Mince Steak Pie (Lean mince cooked with chunky veg topped with puff pastry)	<i>Pasta Bolognaise with Cheddar Cheese</i>	Homemade Lasagne
Main Course 2	Battered Cajun Chicken Breast	American Chicken Fillet Burger	Stuffed Roast Pork & Gravy	Honey Baked Ham	Cheese & Tomato French Bread Pizza
Main Course 3	Breaded Cod & sauce Tartar	Breast Of Chicken Curry served with Rice or & Chips	Sweet Chilli Chicken & Vegetable Noodles	Grilled Pork Sausage in a finger bun	Steak Burger in a floury Bap
Vegetarian	Tomato & Pepper Pasta Bake	Vegetable Burger in a soft Bun	Cheese & Pepper Petit Pain	Vegetable & Cheese Egg Muffin	French Bread Pizza
Vegetables & Potatoes	Garden Peas Baked Beans Oven Baked Potatoes	Cauliflower Cheese Baked Beans Chipped Potatoes	Sliced Carrots Baked Beans Oven Roast Potatoes	Broccoli Baked Beans Oven Baked Potatoes	Sweetcorn Baked Beans Chipped Potatoes Braised Rice
Dessert	Strawberry Mousse or Apple & Raspberry Crumble & Custard Sauce	Chocolate Eclair or Creamy Rice Pudding & Fruit	Banana Cake or Iced Sponge & Custard Sauce	Chocolate Roulade or Fruit Crumble & Custard Sauce	Ice cream & Jelly or Lemon Meringue Sponge & Custard
Drinks & Snacks	Available daily as a " substitute" for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk				

2022 - 2023 Week 4 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup "In place of a main meal"	Available Daily: A large bowl of homemade soup with crusty bread, a drink and a dessert				
Main Course 1	Roast Breast of Chicken & gravy	Crunchy Chicken Burritos	Spicy BBQ Chicken served with Pasta	Chicken Kiev (Chicken Fillet with garlic butter in fresh breadcrumbs)	Home-made Chicken & Sweetcorn Pie
Main Course 2	American Chicken Fillet Burger	4oz Steak Burger in a Soft Bun	Breaded Cod with Lemon & sauce Tartar	Baked Gammon & Pineapple	Battered Fish with Sauce tartar
Main Course 3	Oven Baked Haddock with Lemon & Tartar Sauce	French Bread Pepperoni Pizza	Creamy Chicken & Ham Puff Pie	Spicy Sausage Bake with Cheddar	Breast of Chicken Curry served with Braised rice or Chips
Vegetarian	Cheese & Tomato Panini	Cheese & Tomato Pizza	Cream Cheese & chive Baguette	Vegetable Pasta Bake	Vegetable Curry & Braised Rice
Vegetables & Potatoes	Sliced Carrots Baked Beans Mashed Potatoes	Garden Peas Baked Beans Chipped Potatoes Braised Rice	Sweetcorn Baked Beans Oven Baked Potatoes	Mixed Vegetables Baked Beans Mashed Potatoes	Baked Beans Chipped Potatoes Braised Rice
Dessert	Chocolate Mousse or Apple Pie & Custard Sauce	Banoffee Pie or Creamy Rice Pudding & Fruit	Strawberry Gateau or Fruit Sponge & Custard Sauce	Berry Cheese Cake or Cornflake Tart & Custard	Cup cake or Eves Pudding & Custard Sauce
Drinks & Snacks	Available daily as a substitute for dessert menu Orange Juice, Fresh Fruit Salad or Chilled Milk				

