

## VICTORIA COLLEGE BELFAST Prep & Pre-School Menu - November 2023



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Monday 06/11/2023	Tuesday 07/11/2023	Wednesday 08/11/2023	Thursday 09/11/2023	Friday 10/11/2023
Tomato and Basil Soup(1,13)	Carrot & Coriander Soup (1,7,13)	Potato and Leek Soup (1,7,13)	Chicken Noodle Soup (1,7,13,14)	Sweet Potato and Thyme(1,7,13)
Pork Meatballs in Tomato Sauce with	Cod Fish Fingers(5,14), Baked Jacket Potato	Vegan Chilli (13) steamed rice and Roast	Roast Chicken Fillet, Mash Potatoes (7,13)	Breaded Chicken Burger(14) Fries and
Whole meal Penne Pasta(1,2,4,,7,13,14)	and Beans	Broccoli	Carrots and Cauliflower	Sweetcorn
	Cheese Panini(7,14) Baked Jacket Potato and	Vegan Biriyani (13) steamed rice and	Roast Vegetable and Tomato Cassoulet	
MAC & CHEESE' (4,7,14)	Beans	Roast Broccoli	(13,Mash Potatoes(7,13) Carrots and	Veggie Burger(2,14) Fries and Green Salad
Bread Roll (14) & Green Beans				
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Probiotic Yoghurt(7) or whole fruit in	Iced Cupcakes(2,4,7,13)or whole fruit in	Shortbread Cookie(14) or whole fruit in	Rice Krispie Bun(7,14) or whole fruit in	Ice Cream and Jelly(7) or whole fruit in
season	season	season	season	season
Monday 13/11/2023	Tuesday 14/11/2023	Wednesday 15/11/2023	Thursday 16/11/2023	Friday 17/11/2023
Tomato and Basil Soup(1,13)	Carrot & Coriander Soup (1,7,13)	Potato and Leek Soup (1,7,13)  Honey Gammon & Parsley	Chicken Noodle Soup (1,7,13,14)	Sweet Potato and Thyme(1,7,13)
Pasta Bolognaise(1,13,14)	Cod Fish Fingers(5,14), Baked Jacket Potato	Sauce(1,7,14),Carrots,Cabbage and Mash	Mexican Chicken Fajita(1,13,14) Smokey	Breaded Chicken Goujons(14)Fries &
	and Beans	Potatoes(7.13)	Rice & Sweetcorn	Cucumber Sticks
Roast Vegetables in Tomato Sauce and	Tomato and Mozzarella Pitta(7,14) Baked	Grilled Quorn Sausages(14) ,Carrots,Cabbage and	Bean and Vegetable Wrap(13,14)Smokey	Mini Spring Rolls(2,12,14) Chips &
Wholemeal PastaOrzo Pasta (1,13,14)	Jacket Potato and Beans	Mash Potatoes	Rice & Sweetcorn	Cucumber Sticks
· · · · · ·	Jucket Foruto and Bearis	Mash Fordisco	Rice & Sweetcorn	Cucumber Sticks
Bread Roll (14) & Green Beans				
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Probiotic Yoghurt(7) or whole fruit in	Iced Cupcakes(2,4,7,13)or whole fruit in	Shortbread Cookie(4,7,14) or whole fruit	Rice Krispie Bun(7,14) or whole fruit in	Ice Cream and Jelly(7) or whole fruit in
season	season	in season	season	season
Monday 20/11/2023	Tuesday 21/11/2023	Wednesday 22/11/2023	Thursday 23/11/2023	Friday 24/11/2023
Tomato and Basil Soup(1,13)	Carrot & Coriander Soup (1,7,13)	Potato and Leek Soup (1,7,13)	Chicken Noodle Soup (1,7,13,14)	Sweet Potato and Thyme(1,7,13)
Creamy Chicken, Wholemeal Pasta	Cod Fish Fingers(5,14), Baked Jacket Potato	Lightly Spiced Chicken Curry (7,13)with	Roast Turkey,Stuffing(2,7,13,14),Gravy,Carrots &	Grilled 'Banger' Pork Sausage
(1,7,9,13,14)	and Beans	rice	Mash Potatoes(7,13)	(2,13,14)Fries and Green Salad
MAC & CHEESE' (4,7,14)	Cheese Panini(7,14) Baked Jacket Potato and	Sweet Potato and Spinach Curry	Quorn 'Meatloaf'(7,13,14) ,Mash	Grilled Veggie Sausage(2,14)Fries and
	Beans	(7,13)and rice	Potatoes(7,13) Carrots & Broccoli	Green Salad
Bread Roll (14) & Green Beans	***	***	***	***
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Probiotic Yoghurt(7) or whole fruit in	Iced Cupcakes(2,4,7,13)or whole fruit in		Rice Krispie Bun(7,14) or whole fruit in	Ice Cream and Jelly(7) or whole fruit in
season	season	in season	season	season
Manday 27/11/2022	Tuesday 29/11/2022	Wadnesday 20/11/2022	Thursday 20/11/2022	Friday 01/12/2023
Monday 27/11/2023	Tuesday 28/11/2023	Wednesday 29/11/2023	Thursday 30/11/2023	
Tomato and Basil Soup(1,13)	Carrot & Coriander Soup (1,7,13)  Cod Fish Fingers(5,14), Baked Jacket Potato	Potato and Leek Soup (1,7,13)  Roast Loin of Pork,Carrot,Broccoli, and	Chicken Noodle Soup (1,7,13,14)  Lamb Shepherds Pie with	Sweet Potato and Thyme(1,7,13)
Pasta Bolognaise(1,13,14)	Coa Fish Fingers(3,14), Bakea Jacket Potato	KOUST LOTH OF PORK, CARPOT, Broccoll, and	Lumb Snepheras rie with	Pepperoni Pizza Slice(7,14) Chips & Salad
1 as a sologilaiss(2,25,2 i)	and Beans	Mash Potatoes(7,13)	Lentils(1,7,13)Cabbage and Sweetcorn	i opporoni rizza onco(, ,z r) ompo a oalaa