



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



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 Whole meal Penne Pasta(1,2,4,,7,13,14)	Cod Fish Fingers(5,14), Baked Jacket Potato and Beans	Vegan Chilli (13) steamed rice and Roast Broccoli	Roast Chicken Fillet,Mash Potatoes(7,13) Carrots and Cauliflower	Breaded Chicken Burger(14) Fries and Sweetcorn
MAC & CHEESE' (4,7,14)	Cheese Panini(7,14) Baked Jacket Potato and Beans	Vegan Biryani (13) steamed rice and Roast Broccoli	Roast Vegetable and Tomato Cassoulet (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 season	Iced Cupcakes(2,4,7,13)or whole fruit in season	Shortbread Cookie(14) or whole fruit in season	Rice Krispie Bun(7,14) or whole fruit in season	Ice Cream and Jelly(7) or whole fruit in 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)	Chicken Noodle Soup (1,7,13,14)	Sweet Potato and Thyme(1,7,13)
Pasta Bolognese(1,13,14)	Cod Fish Fingers(5,14), Baked Jacket Potato and Beans	Honey Gammon & Parsley Sauce(1,7,14),Carrots,Cabbage and Mash Potatoes(7,13)	Mexican Chicken Fajita(1,13,14) Smokey Rice & Sweetcorn	Breaded Chicken Goujons(14)Fries & Cucumber Sticks
Roast Vegetables in Tomato Sauce and Wholemeal PastaOrzo Pasta (1,13,14)	Tomato and Mozzarella Pitta(7,14) Baked Jacket Potato and Beans	Grilled Quorn Sausages(14) ,Carrots,Cabbage and Mash Potatoes	Bean and Vegetable Wrap(13,14)Smokey Rice & Sweetcorn	Mini Spring Rolls(2,12,14) Chips & Cucumber Sticks
Bread Roll (14) & Green Beans				
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Probiotic Yoghurt(7) or whole fruit in season	Iced Cupcakes(2,4,7,13)or whole fruit in season	Shortbread Cookie(4,7,14) or whole fruit in season	Rice Krispie Bun(7,14) or whole fruit in season	Ice Cream and Jelly(7) or whole fruit in 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 (1,7,9,13,14)	Cod Fish Fingers(5,14), Baked Jacket Potato and Beans	Lightly Spiced Chicken Curry (7,13)with rice	Roast Turkey,Stuffing(2,7,13,14),Gravy,Carrots & Mash Potatoes(7,13)	Grilled 'Banger' Pork Sausage (2,13,14)Fries and Green Salad
MAC & CHEESE' (4,7,14)	Cheese Panini(7,14) Baked Jacket Potato and Beans	Sweet Potato and Spinach Curry (7,13)and rice	Quorn 'Meatloaf' (7,13,14) ,Mash Potatoes(7,13) Carrots & Broccoli	Grilled Veggie Sausage(2,14)Fries and Green Salad
Bread Roll (14) & Green Beans				
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Probiotic Yoghurt(7) or whole fruit in season	Iced Cupcakes(2,4,7,13)or whole fruit in season	Shortbread Cookie(4,7,14) or whole fruit in season	Rice Krispie Bun(7,14) or whole fruit in season	Ice Cream and Jelly(7) or whole fruit in season
Monday 27/11/2023	Tuesday 28/11/2023	Wednesday 29/11/2023	Thursday 30/11/2023	Friday 01/12/2023
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)
Pasta Bolognese(1,13,14)	Cod Fish Fingers(5,14), Baked Jacket Potato and Beans	Roast Loin of Pork,Carrot,Broccoli, and Mash Potatoes(7,13)	Lamb Shepherds Pie with Lentils(1,7,13)Cabbage and Sweetcorn	Pepperoni Pizza Slice(7,14) Chips & Salad