

Omagh High School

Week Beginning Oct 14, Oct 28, Nov II, Nov 25, Dec 9, Dec 23, Jan 6, Jan 20, 3 Feb

Monday

Tuesday

Wednesday

Thursday

Fridau

Meatballs &
Tomato & Basil
Sauce
Chicken Nuggets
Assorted Paninis
Baked Potato
Chips
Curry Sauce
Stuffing
Baked Beans
Gravy
Apple Crumble &
Custard

Ginger Biscuit

Katsu Curry Chicken Goujons Homemade Pizza Assorted Paninis Rice Baked Potato Mashed Potato Baton carrots Gravy

Brownie

Honey Salt & Chilli Chicken O/B Sausage Hotdog Quiche Assorted Paninis Baked Potato Mashed Potato Noodles Peas Gravy

Shortbread & Strawberry Jelly

Roast Dinner
Mac `n` Cheese
Beef Burger & Bap
Southern Fried
Goujon Wrap
Assorted Paninis
Baked Potato
Mash Potato
Oven Roast Potato
Carrots/ Broccoli
Stuffing
Gravy

Carmel Square

Chicken Curry &
Naan Bread
Chicken Burger &
Bap
Assorted Paninis
Baked Potato
Chips
Rice
Stuffing
Cheese
Baked Beans

Flakemeal Biscuit

Gravv

FLAVOURS OF THE WORLD











Monday



Pesto Pasta with Chicken

Tuesday



Crispy Chicken Sriracha Flatbread

Wednesday



General Tso's Chicken with Noodles or Rice

Thursday



Chicken Bhuna with Basmati Rice & Mini Naan

Friday



Peri-Peri Chicken Deli Roll, Garlic & Herb Mayo

GRAB & GO

Our Grab and Go selection features hot and cold options, including fresh sandwiches, baguettes, rolls, wraps and burritos

We also have fresh salad & pasta boxes and a selection of desserts from muffins and biscuits to hot sweet treats.

SOUP & SPUDS

Why not try a bowl of our freshly made soup, with a tasty roll on the side.

We also have baked potatoes available with a variety of delicious fillings.

So much choice with Let's Eat from EA Catering