

# St Johns PS Gilford Oct 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1 <sup>st</sup> - 5 <sup>th</sup>	<p>Chicken Curry with Rice and Naan Bread or Steakburger &amp; Gravy Peas, Mashed Potato/Rice Selection of Breads</p> <p>Sponge Cake &amp; Custard</p>	<p>Pasta Bolognaise &amp; Healthy Garlic Bread or Roast Chicken, Sweetcorn Selection of Salads Mashed Potato/Pasta Selection of Breads</p> <p>Jelly &amp; Fruit</p>	<p>Roast Turkey, Stuffing and Gravy Baton Carrots, Broccoli Dry Roast and Mashed Potatoes Selection of Breads</p> <p>Chocolate Sauce and Pears</p>	<p>Salmon Fishcake or Homemade Margarita Pizza Peas, Selection of Salads Mashed Potato/Pasta Selection of Breads</p> <p>One Crust Apple Pie &amp; Custard</p>	<p>Oven Baked Sausages or Chicken Wrap Baked Beans Sweetcorn Selection of Salads Chips, Mashed Potato Selection of Breads</p> <p>Ice cream or Melon</p>
Week Two 8 <sup>th</sup> - 12 <sup>th</sup>	<p>Pasta Bolognaise &amp; Crusty Bread or Steak burger &amp; Gravy Broccoli, Carrots Mashed Potato Selection of Breads</p> <p>Banana Cake &amp; Custard or fruit</p>	<p>Chicken Curry &amp; Rice with Naan Bread or Homemade Margarita Pizza Sweetcorn Selection of Salads Mashed Potato Selection of Breads</p> <p>Frozen Mousse or Melon</p>	<p>Roast Chicken with Stuffing and Gravy Cauliflower Cheese Diced Carrots Dry Roast and Mashed Potatoes Selection of Breads</p> <p>Jelly &amp; Fruit</p>	<p>Fresh Fish Goujons or Chicken Crumble Baked Beans Mixed Vegetables Mashed Potato Selection of Breads</p> <p>Rice Pudding &amp; Mandarin Oranges</p>	<p>Chicken Nuggets or Lasagne &amp; Healthy Garlic Bread Selection of Salads Peas &amp; Sweetcorn Chips Baby Boiled Potato Selection of Breads Ice Cream or Grapes</p>
Week Three 15 <sup>th</sup> - 19 <sup>th</sup>	<p>Savory Mince or Macaroni Cheese, Diced Carrots, Broccoli, Mashed Potato Selection of Breads</p> <p>Chocolate Sponge &amp; Custard or Fruit &amp; Dairy</p>	<p>Chicken Curry with Rice and Naan Bread or Steak Burger &amp; Gravy, Peas, Mediterranean Vegetables, Mashed Potatoes Selection of Breads</p> <p>Frozen Mousse or Grapes</p>	<p>Fish Fingers or Italian Beef &amp; Crusty Bread Peas, Sweetcorn, Mashed Potato Selection of Breads</p> <p>Rice Pudding &amp; Oranges</p>	<p>Roast Turkey with Stuffing and Gravy Carrot &amp; Parsnip Dry Roast &amp; Mashed Potatoes, Selection of breads Fruit Crumble &amp; Custard or Fruit</p>	<p>Hotdog or Chicken Wrap Baked Beans Selection of Salads Chips, Baked Potato Selection of Breads Rice Krispie Square or Fruit</p>
Week Four 22-26 <sup>th</sup>	<p>Chicken Fried Rice and Naan Bread or Beef Burger, Peas Selection of Salads Mashed Potato/Pasta</p> <p>Jam &amp; Coconut Sponge &amp; Custard or Fruit</p>	<p>Homemade Vegetable Soup with Homemade Wheaten Bread</p> <p>Steak Burger in a Bap with Onions or Chicken Wrap</p> <p>Ice cream or Fruit</p>	<p>Roast Chicken Stuffing and Gravy Diced Turnip, Cauliflower Cheese Dry Roast and Mashed Potatoes Selection of Breads Chocolate Sauce &amp; Pears or Fruit</p>	<p>Spaghetti Bolognaise or Fresh Breaded Fish, Parsley Sauce, Sweetcorn Selection of Salads Mashed Potato Selection of Breads</p> <p>Semolina and Fruit Cocktail</p>	<p>Halloween</p> 

# school food

Try Something New today

[www.schoolfoodni.com](http://www.schoolfoodni.com)

Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily

If you require any additional information on allergens or Special diets please contact the school in the first instance

