

St Johns Primary School Sept 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1 st					Spaghetti bolognaise, healthy garlic bread, or salmon fishcake, bake beans, cauliflower cheese, mashed potato Flakemeal biscuit with fruit
Week Two 4 th -8 th	Chicken curry with boiled rice, naan bread, or sausages, mixed vegetables, mashed potato. Jam sponge and custard	Peppered chicken, or cheese and tomato pizza, mixed salad, sweet corn, mashed potato, pasta. Ice cream and jelly	Roast chicken, stuffing, gravy or macaroni cheese, roast and mashed potato, carrots. Rice pudding and fruit	Chicken crumble or chicken nuggets carrot & parsnip, pasta, mashed potato, gravy. Cornflake cake and custard	Lasagna with healthy garlic bread, or steak burger, chips, baked potato. Cheesecake & fruit
Week Three 11 th -15 th	Grilled bacon and stuffing, Gravy, or brown beef stew, carrots mashed potato, pasta. Frozen mousse & fruit	Roast pork & apple sauce, stuffing, gravy broccoli or corn oven roast and mashed potato. Ice cream and fruit	Chicken stir fry and rice with curry sauce & naan bread or chicken nuggets, baked beans or peas, chips or pasta. Fruit salad or yoghurt	Lasagna & healthy garlic bread, or fresh fish goujons, carrots, gravy, mashed potato. Jelly whip & fruit	Peppered chicken with brown rice, or roast chicken, stuffing, gravy, mixed vegetables mashed potato. Melon, yoghurt
Week Four 18 th -22 nd	Chicken Curry & Brown Rice with Naan Bread or Homemade Pizza or Pepperoni Pizza Baked Beans or Peas Chips or Pasta Grapes, Yogurt	Meat Balls in Bolognaise Sauce with Healthy Garlic Bread, or Salmon Fishcake Mixed Vegetables, Mashed Potatoes or Champ Jelly & Fruit	Irish Stew or Savory Chicken Wraps Selection of Salads or Sweetcorn, Pasta, Oven Dice Potatoes Melon, Yogurt	Roast Turkey, Stuffing Gravy, Carrots & Parsnips Mashed Potatoes Strawberry Shortcake or Yogurt	Chicken Chow Mein or Steak Burger, Gravy, Carrots Mashed Potatoes Fruit Salad, Yogurt
Week Five 25 th -29 th	Chili Beef & Noodles or Oven Baked Sausages Sweet-Corn, Gravy Mashed Potatoes Date Square, Fruit	Chicken Fried Rice or Fish Fingers, Gravy Mixed Vegetables Mashed Potatoes Or Pasta Fresh Pineapple, Yogurt	Lasagna with Healthy Garlic Bread or Steak Burger Peas, Gravy Mashed Potatoes or Cheesy Baked Potato Jelly & Fruit	Southern Style Chicken Oven Baked with American Scone or Homemade Pizza Selection of Salads or Baked Beans, Chips or Baked Potato Ice-cream Wafer, Fruit	Roast Beef, Gravy or Gammon & Parsley Sauce Cauliflower Cheese or Carrots, Pasta or Mashed Potatoes Grapes, Yogurt

school food

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

