

# ST.MALACHYS PS SEPTEMBER2018

# school food

[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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 3-9-18	Pasta bolognaise or Fish fingers, peas gravy, Mashed potatoes, Ice-cream tub,yoghurt, Or fresh fruit.	Chicken crumble or steak burger ,sweetcorn, gravy, Mashed potatoes Shortbread biscuit, yoghurt, fruit.	Roast chicken,stuffing, Gravy, carrots+parsnip, Roast or mashed potatoes. Chocolate cookie,yoghurt,fruit.	Cottage pie or baked sausages, mixed vegetables, Mashed potatoes. Jelly tub, yoghurt,fruit.	Chicken curry+rice or pizza with Selection of Salads or Baked Beans Chips or baby boiled potatoes fresh fruit, oatmeal biscuit.
Week Two 10-9-18	Grilled bacon or Brown beef stew, carrots, mashed potatoes, gravy. Vanilla cookie, yoghurt, Or fruit fruit.	Chicken stir fry with curry sauce or chicken nuggets, Chips or pasta, baked beans, salad. Fruit smoothie or grapes.	Roast pork,apple sauce Stuffing, gravy, broccoli, Corn, roast +mashed Potatoes. Muffin, yoghurt,fruit.	Lasagne & Crusty Bread or Fish fingers Carrots, Gravy Mashed Potatoes. Oatmeal biscuit,yoghurt fruit.	Peppered chicken +rice or Roast chicken sweetcorn, Gravy, mashed potatoes Artic roll, yoghurt, fruit.
Week There 17-9-18	Chicken curry+rice or Salmon, Gravy, carrots, mashed potatoes. shortbread yoghurt, fruit.	Spaghetti bolgonise or pepperoni pizza, Mixed vegetables,mashed potatoes Frozen mousse,yoghurt,fresh fruit.	Roast turkey Stuffing, gravy,carrots+ Parsnips,roast or mashed potatoes. Rice krispy bun, yoghurt,grapes.	Irish stew or chicken wraps ,salad,sweetcorn, Herb diced potatoes or baby boiled. Jelly tub,yoghurt,fruit.	Steak burger or roast chicken, gravy, carrots, Chips or baked potatoes, Chocolate cookie, yoghurt, or fresh fruit.
Week Four 24-9-18	Irish stew or Chinese chicken drum stick, Sweetcorn, baked beans, gravy, Mashed potatoes. Ice-cream tub, yoghurt, or fruit.	Chicken Fried Rice or Fish Fingers Gravy Mixed Vegetables,chips, Or rice. Oatmeal biscuit,yoghurt,fruit.	Roast beef, gravy, carrots Brussel sprouts, roast or mashed potatoes. Vanilla cookie,yoghurt,fresh fruit.	Lasagna or chicken wrap, Salad,sweetcorn, gravy, Mashed potatoes. Frozen mousse, yoghurt,fruit.	Home made vegetable soup, or chicken soup, Hot-dog or chicken roll, Sauce ,onions. Jelly tub, yoghurt, fruit,
Week					