

# ST.MALACHYS PS OCTOBER 2018

# school food

*try something new today*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 1-10-18	Chicken Curry & Rice or Fish Fingers Peas, Gravy Mashed Potatoes  Shortbread, yoghurt, Or fresh fruit.	Pepperoni Pizza or Chicken Pasta Bake Baked Beans or Selection of Salads Chips or Pasta Frozen mousse, yoghurt, or fruit.	Roast pork +apple sauce, gravy, stuffing, Cabbage, broccoli, Roast or mashed potatoes. Vanilla cookie, yoghurt, or fruit.	Pasta bolognaise or Steak burger, Carrots, gravy, Mashed potatoes.  Muffin, yoghurt, fruit.	Fresh Fish in Crumbs Parsley Sauce or Chicken Crumble, Gravy Mixed Vegetables Mashed Potatoes Swiss-roll, yoghurt, fruit.
<b>Week Two</b> 8-10-18	Grilled Bacon, Gravy or Chinese Chicken & Rice with Curry Sauce Turnip, Carrots Mashed Potatoes  Chocolate cookie, Yoghurt, fruit.	Oven Baked Sausages, Gravy or Lasagna & Crusty Bread, Sweetcorn Selection of Salads Chips or baby boiled. Oatmeal biscuit, fruit, Yoghurt.	Roast Chicken Stuffing, Gravy Carrots & Parsnips Oven Roast Potatoes and Mashed Potatoes  Artic roll, fruit, yoghurt.	Shepherd's Pie, or Salmon Peas , carrots, gravy, Mashed Potatoes  Jelly tub, yoghurt, fruit,	Chicken Fricassee & Rice or Chicken Nuggets Baked Beans or Corn Mashed potatoes, gravy. Ice-cream tub, yoghurt, Fresh fruit.
<b>Week Three</b> 15-10-18	Pasta Bolognaise and Crusty Bread Or Steak Burger, Gravy Carrots and Mashed Potatoes Frozen mousse, fruit, yoghurt.	Sweet& sour chicken +rice or roast chicken, Gravy, sweetcorn, stuffing, mashed potatoes. Vanilla cookie, yoghurt, Fresh fruit.	Baked gammon, gravy, apple sauce, Cabbage, mixed vegetables, roast or Mashed Potatoes Jelly tub, yoghurt, fruit.	Fresh Fish Goujons With Dips or Pepperoni pizza, Peas or Selection of Salads Chips or baked potatoes. Ice-cream tub, fruit,	Beef Stir-Fry or Grilled Bacon Turnip or Broccoli Gravy, noodles or Mashed Potatoes  Short bread, yoghurt, fruit.
<b>Week Four</b> 22-10-18	Chicken curry + rice Or fish fingers, Peas, gravy, mashed potatoes. Vanilla cookie, yoghurt, fresh fruit.	Home made vegetable soup or chicken soup, Hot dog or chicken wrap. Ice-cream tub, yoghurt, fruit.	Roast turkey, stuffing, Gravy, carrots+ parsnip Roast or mashed potatoes. Krispy square, yoghurt, Fresh fruit.	Braised Steak & Onions or Homemade Pizza or Pepperoni Pizza Cabbage or Baked Beans, Chips or Mashed Potatoes Muffin, yoghurt, fruit.	Chicken Lasagna with Crusty Bread or Chicken Wraps , Sweetcorn or Salads Herb diced Potatoes or baby boiled. Frozen mousse, yoghurt, fruit.

[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

