

ST.MALACHYS PS NOVEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5-11-18	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 yoghurt, or fruit.	Roast chicken, stuffing,gravy, carrots+ parsnips Roast or mashed potatoes. Vanilla cookie, yoghurt, or fruit.	Cottage pie or grilled sausages , mixed vegetables,gravy, Mashed potatoes. Jelly tub, yoghurt, fruit.	Chicken curry+rice or pizza,salad, gravy chips or baby boiled. Oatmeal biscuit, yoghurt, fruit.
Week Two 12-11-18	Grilled Bacon, Gravy or brown beef stew, gravy , Carrots Mashed Potatoes Chocolate cookie, Yoghurt, fruit.	Chicken stir fry or chicken nuggets,baked beans, Salad Chips or baby boiled. Oatmeal biscuit, fruit, Yoghurt.	Roast turkey Stuffing, Gravy Broccoli, sweetcorn, Oven Roast Potatoes and Mashed Potatoes muffin, fruit, yoghurt.	Lasagna or fish fingers Peas , carrots, gravy, Mashed Potatoes Jelly tub, yoghurt, fruit,	Peppered chicken+rice or roast chicken, sweet Corn Mashed potatoes, gravy. Ice-cream tub, yoghurt, Fresh fruit.
Week Three 19-11-18	Chicken curry+rice, plain chicken Or salmon, Gravy Carrots and Mashed Potatoes shortbread, fruit, yoghurt.	Spaghetti bolgonise,or Pepperoni pizza, Gravy, mixed vegetables, mashed potatoes. Frozen mousse, yoghurt, Fresh fruit.	Roast pork, gravy, apple sauce, Carrots+parsnip, roast or Mashed Potatoes Rice krispy bun, yoghurt, fruit.	Irish stew or chicken wrap, sweetcorn or Selection of Salads Chips or babypotatoes. Jelly tub, fruit,	Steak burger or roast chicken,gravy,carrots, Herb diced or Mashed Potatoes Chocolate cookie yoghurt, fruit.
Week Four 26-11-18	Irish stew or Chinese drum stick, gravy,sweetcorn, mashed potatoes. Ice-cream tub, yoghurt, fresh fruit.	Chicken fried rice or Fishfingers,gravy, mixed vegetables, baked beans,mashed potatoes Flakemeal biscuit, yoghurt, fruit.	Roast beef, gravy, carrots, brussel sprouts Roast or mashed potatoes, Vanilla cookie,or fruit,yoghurt.	Lasagna or chicken wrap, Baked Beans, salad,Chips or Mashed Potatoes Frozen mousse , yoghurt, fruit.	Homemade vegetable soup or chicken soup, Hotdog or chicken roll, Onions. Jelly tub or fruit, yoghurt.

school food

try something new today

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

