

Weekly Meal Planner st.malachys ps armagh

week commencing 29-5-17		week commencing 5-6-17		week commencing 12-6-17		week commencing 19-6-17	
Monday	CLOSED	Spaghetti Bolognaise	Chicken Wrap / Roll	Spaghetti Bolognaise	Chicken & Pasta Bake	Broccoli	Chicken Drumsticks
		Chicken Crumble	Mashed Potato/ Gravy	Mashed Potato/ Gravy	Cabbage	Carrots	
		Peas & Sweetcorn	Sweetcorn	Muffin	Mashed Potato/ Gravy	Chocolate muffin cake	Mashed Potato/ Gravy
		Mashed Potato/ Gravy	Icecream Tub	Tinned Fruit	Tinned Fruit	Tinned Fruit	Tinned Fruit
		Fruit Salad					
Tuesday	CLOSED	Chicken Fricassee	Chicken Nuggets	Pizza	Savoury Mince		
		Chicken Fricassee	Broccoli	Salmon			
		Broccoli	Baked Beans	Mashed Potato/ Gravy	Peas/ carrots	Chicken Goujons (HMOC)	Chips/ Mashed Potato
		Chips/ Mashed Potato	Flakemeal Biscuits & Fruit	Melon	Frozen Mousse	Baked Beans	Mixed Salad
		Fruit				Flakemeal Biscuits & Fruit	Fruit
Wednesday	Roast Chicken & Stuffing	Roast Pork & Stuffing	Roast Turkey & Stuffing				
		Apple sauce	Carrot & Parsnip	Mashed Potato/ Gravy	Carrots	Roast Beef	Cabbage
		Broccoli	Gravy	Carrots	Broccoli	Carrots	Oven Dry Roast Potato
		Mashed Potato/ Gravy	Mash Potato	Icecream Tub	Fruit Salad	Frozen Mousse	Fresh Fruit Salad
		Cookies	Oven Dry Roast Potato	Fruit			
Thursday	Fruit Pieces	Swiss Roll					
		Chicken Curry & Rice	Steak Burger & Bap	Vegetable Soup	Pizza	Chicken Stir Fry	
		Chicken Drumsticks	Pizza				
		Sweetcorn	Stuffed Bacon Rolls	Crusty Bread	Mixed Vegetables	Mash Potato	
		Mashed Potato/ Gravy	Peas/ carrots	Mashed Potato/ Gravy	Grapes	Gravy	
Friday	Rice Krispie Square	Cookies	Icecream Tub	Fruit Pieces	Fruit Pieces		
		Fruit Pieces					
		Lasagne	Chicken Stir Fry	Chicken Curry & Rice	Chicken Curry & Rice	Breaded Fish/Fish Fingers	
		Chicken Wrap / Roll	Fresh Breaded Fish	Cocktail Sausages	Mash Potato		
		Chips/ Mashed Potato	Mixed Vegetables	Chips/ Mashed Potato	Peas & Sweetcorn		
	Turnip/ peas	Mashed Potato/ Gravy	Salad Bar	Baked Beans	Gravy		
	Salad Bar	Fruit Pieces	Flakemeal Biscuits & Fruit				
	Jelly	Fruit Smoothie & Fruit					
	Fruit						

Fruit, Yoghurt, Bread, Milk,
Water available daily

If a child has an allergy
please contact the Principal/Unit Catering Supervisor

Menu Subject to Deliveries