

St.malachys ps armagh

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2-10-17	Pasta Bolognaise with Crusty Bread or Fish Fingers Peas, Gravy Mashed Potatoes, Ice-cream tub,yoghurt,fruit	Chicken Crumble or Steak Burger, Gravy Sweetcorn, Sauté or Mashed Potatoes. Shortbread biscuit,yoghurt,fresh fruit	Roast chicken,stuffing, Gravy,carrots+parsnip, Roast+mashed potatoes. Chocolate cookie,yoghurt,grapes.	Cottage pie or oven baked sausages, mixed vegetables, mashed potatoes, gravy. Jelly tub,yoghurt,or melon wedge.	Chicken Curry & Rice with Naan Bread or Pizza with Selection of Salads or Baked Beans Chips or potatoes. Frozen mousse or fresh fruit.
Week Two 9-10-17	Grilled Bacon with Stuffing, Gravy or Brown Beef Stew Carrots, Mashed Potatoes. Vanilla cookie or 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	Peppered Chicken with Rice or Roast Chicken, Stuffing Gravy, Mixed Vegetables, Mashed Potatoes. Artic roll,yoghurt,fresh fruit.
Week Three 16-10-17	Chicken Curry & Rice with Naan Bread or salmon Baked Beans or Peas Mashed potatoes. Shortbread biscuit,fruit.	spaghetti Bolognaise, or pizza/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 ,saiad,sweetcorn, Herb diced potatoes or baby boiled. Jelly tub,yoghurt,fruit.	Roast chicken or Steak Burger, Gravy, Carrots Mashed Potatoes. Chocolate cookie, yoghurt,or melon.
Week Four 23-10-17	Steak pieces in mushroom sauce & Noodles or Oven Baked Sausages Sweet-Corn, Gravy Mashed Potatoes. Ice-cream tub,fresh fruit	Chicken Fried Rice or Fish Fingers, Gravy Mixed Vegetables Mashed Potatoes Or Pasta. Oatmeal biscuit,yoghurt,fruit.	Roast beef, gravy, carrots Brussel sprouts, roast or mashed potatoes. Vanilla cookie,yoghurt,fresh fruit.	Chinese chicken drum or Pizza Selection of Salads or Baked Beans, Chips or Baked Potato. Jelly tub or melon.	Lasagne or steak burger, Cabbage, turnip,gravy, Mashed potatoes. Swiss-roll,yoghurt,fruit.
Week Five 6-11-17	Korma Chicken & Rice with Naan Bread or pizza Baked Beans or Peas Baked or Mashed Potatoes. Chocolate cookie,fruit.	Fish fingers or Chicken Pasta Bake Sweetcorn mixed salads Chips or Pasta. Fruit smoothie, yoghurt,fruit.	Roast Chicken Stuffing, Gravy Carrots & Parsnips Oven Roast & Mashed Potatoes. Artic roll or melon.	Cottage Pie or Steak Burger Carrots, Gravy Mashed Potatoes. Shortbread biscuit,yoghurt,fruit.	Pork casserole or Grilled Bacon Turnip, peas,gravy, Mashed Potatoes. Muffin,yoghurt,fruit.

School food

www.schoolfoodni.com

Bread, Fresh Fruit, Water
Yoghurt, Milk and are available daily

If you require any additional information on allergens or special diets please contact the school in the first instance

