

ST.MALACHYS PS ARMAGH

	week commencing 4-9-17	week commencing 11-9-17	week commencing 18-9-17	week commencing 25-9-17
Monday	Spaghetti Bolognese	Braised Steak	Chicken Stir Fry	Chicken Casserole
	Chicken Stir Fry	Pizza	Grilled Bacon	
	Broccoli	Mixed Vegetables	Peas & Sweetcorn	Mashed Potato/ Gravy
	Sweetcorn	Rice/Pasta	Mashed Potato/ Gravy	Peas & Sweetcorn
	Mash Potato	Mashed Potato/ Gravy	Icecream Tub	Shortbread
	Shortbread	Muffin	Tinned Fruit	Tinned Fruit
	Tinned Fruit	Tinned Fruit		
Tuesday	Vegetable Soup	Chicken Wrap / Roll	Chicken & Pasta Bake	Lasagne
	Hot Dog		Fish Fingers	
	Chicken Soup	Chicken Nuggets	Broccoli	Chicken Nuggets
	Crusty Bread	Peas & Sweetcorn	Carrots	Chips/ Mashed Potato
		Gravy	Mashed Potato/ Gravy	Mixed Salad
		Chips/ Mashed Potato	Jelly	Baked Beans
	Frozen Mousse & Fruit	Flakemeal Biscuits & Fruit	Melon	Fruit Pieces
	Fruit	Grapes		Icecream Tub
Wednesday	Roast Chicken & Stuffing	Roast Pork & Stuffing	Roast Turkey & Stuffing	
		Salmon		Roast Beef
		Cabbage		Mashed Potato/ Gravy
	Mashed Potato/ Gravy	Carrot & Parsnip	Mashed Potato/ Gravy	Oven Dry Roast Potato
	Carrots	Oven Dry Roast Potato	Sweetcorn	Carrots
	Oven Dry Roast Potato	Gravy	Carrots	Fruit
	Cookies	Jelly	Shortbread	Artic Roll
	Melon	Grapes	Tinned Fruit	
Thursday	Chicken Curry & Rice	Chicken Curry & Rice	Steak Burger & Bap	Chicken Curry & Rice
	Pizza			
	Mashed Potato/ Gravy	Grilled Bacon	Vegetable Soup	Chicken Wrap / Roll
	Peas/ carrots	Carrots	Crusty Bread	Peas & Sweetcorn
	Gravy	Broccoli		Mashed Potato/ Gravy
	Mash Potato	Mash Potato		
	Grapes	Icecream Tub	Frozen Mousse	Chocolate Cookie
	Muffin	Tinned Fruit		Tinned Fruit
Friday	Steak Burger & Bap	Chicken Crumble	Chilli Chicken Wrap	Chicken Drumsticks
	Fish Fingers	Fish Fingers		Breaded Fish/Fish Fingers
	Chips/ Mashed Potato		Oven Baked Sausages	Carrots
	Salad Bar	Carrot & Parsnip	Chips/ Mashed Potato	Mashed Potato/ Gravy
	Baked Beans	Mashed Potato/ Gravy	Mixed Salad	Carrots/ Peas
	Flakemeal Biscuits & Fruit		Baked Beans	Frozen Mousse
			Melon	
			Fruit Smoothie & Fruit	Melon

Fruit, Yoghurt, Bread, Milk,
Water available daily

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

Menu Subject to Deliveries