

St. malachys ps November 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
13-11-17	Chicken Curry & Rice with Naan Bread or Fish Fingers Peas, Gravy Mashed Potatoes	Pizza or Pepperoni Pizza or Chicken Pasta Bake Baked Beans or Selection of Salads Chips or baby boiled Frozen mousse	Pasta bolognaisse with Crusty Bread or Steak Burger Carrots, Gravy Mashed Potatoes Vanilla cookie,yoghurt, Fruit.	Roast Pork with Apple Sauce and Gravy, Stuffing Cabbage or Broccoli Oven Roast Potatoes and Mashed Potatoes	Fish in Crumbs Parsley Sauce or Chicken Crumble, Gravy Mixed Vegetables Mashed Potatoes
20-11-17	Grilled Bacon, Gravy or Chinese Chicken & Rice with Curry Sauce Turnip, Carrots Mashed Potatoes	Oven Baked Sausages, Gravy or Lasagna & Crusty Bread, Sweetcorn Selection of Salads Chips or mashed potatoes. Oatmeal biscuit,grapes,.	Roast Chicken Stuffing, Gravy Carrots & Parsnips Oven Roast Potatoes and Mashed Potatoes	Muffin,yoghurt,fruit <i>Wednesday</i> Shepherd's Pie, Gravy or Salmon Peas or sweetcorn Mashed Potatoes	Swiss- roll,yoghurt,fruit Chicken Fricassee & Rice or Chicken Nuggets Baked Beans or salad Chips or Pasta
27-11-17	Pasta Bolognaisse and Crusty Bread Or Steak Burger, Gravy Carrots and Mashed Potatoes Frozen mousse,yoghurt,fruit	Chicken Crumble, Or plain chicken, gravy Sweetcorn, Mashed potatoes Oatmeal biscuit,yoghurt,melon	Baked gammon,gravy, Cabbage,mixed vegetables,roast or Mashed potatoes Jelly tub,yoghurt,fruit	Fresh Fish Goujons With Dips or Homemade Pizza Peas or Selection of Salads Chips or Pasta Ice-cream tub,fruit.	Beef Stir-Fry or Grilled Bacon Turnip or Broccoli Gravy, Pasta Mashed Potatoes Shortbread,grapes ,yoghurt.
4-12-17	Braised steak+onions, Pepperoni pizza, Cabbage,baked beans, gravy,mashed potatoes. Vanilla cookie,yoghurt,fruit.	Home made vegetable soup,or Chicken soup, Hot dog,or chicken roll, Milk shake. Smoothie,fruit, yoghurt.	Roast turkey, gravy, Mashed or roast potatoes,carrots+ Parsnips, Krispy square,yoghurt, Melon slice.	Chicken curry+rice + Naan bread,or fish fingers. Peas, gravy, mashed potatoes. Muffin,yoghurt, fruit.	Chicken Lasagna with Crusty Bread or Chicken Wraps , salad, Sweetcorn ,herb diced,or mashed potatoes or pasta Ice-cream tub,yoghurt,fruit.

School food

Try something new today

www.schoolfoohi.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

