

ST.MALACHYS PS MARCH 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5-3-18	Chicken curry+rice or Fish fingers, peas, gravy, Mashed potatoes, Ice-cream tub,yoghurt, Fruit.	Pepperoni pizza or chicken, sweetcorn ,gravy, Mashed potatoes or frozen mousse yoghurt, fruit,	Roast chicken,stuffing, Gravy, carrots+parsnip, Roast or mashed potatoes. Chocolate muffin,yoghurt,fruit.	Pasta bolognaise or steak burger mixed vegetables, Mashed potatoes. Vanilla cookie, yoghurt,fruit.	Grilled sausages or cottage pie with Selection of Salads or Baked Beans potatoes. fresh fruit, oatmeal biscuit.
Week Two 12-3-18	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 fruit.	CLOSED
Week Three 19-3-18	SCHOOL CLOSED	pizza/pepperoni pizza Mixed Vegetables,chips or pasta. 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 ,salad,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 26-3-18	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 or salmon 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.	NO DINNERS	SCHOOL CLOSED.
Week					

school food

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

