ST.MALACHYS PS MAY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 7-5-18	BANK HOLIDAY	Plain chicken or steak burger sweetcorn ,gravy chips or pasta. Shortbread biscuit, yoghurt, fruit.	Roast chicken,stuffing, Gravy, carrots+parsnip, Roast or mashed potatoes. Chocolate cookie,yoghurt,fruit.	Cottage pie or baked sausages, mixed vegetables, Mashed potatoes. Jelly tub, yoghurt,fruit.	Chicken curry+rice or pizza with Selection of Salads or Baked Beans potatoes. fresh fruit, oatmeal biscuit.
Week Two 14-5-18	SCHOOL CLOSED.	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.	Peppered chicken +rice or Roast chicken sweetcorn, Gravy, mashed potatoes Artic roll, yoghurt, fruit.
Week Three 21-5-18	Chicken curry+rice or Salmon, Gravy, carrots, mashed potatoes. shortbread yoghurt, fruit.	Spaghetti bolgonise 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 ,salad,sweetcorn, Herb diced potatoes or baby boiled. Jelly tub,yoghurt,fruit.	CLOSED
Week Four 28-5-18	BANK HOLIDAY	Chicken Fried Rice or Fish Fingers Gravy Mixed Vegetables,chips, Or Pasta. Oatmeal biscuit,yoghurt,fruit.	Roast beef, gravy, carrots Brussel sprouts, roast or mashed potatoes. Vanilla cookie,yoghurt,fresh fruit.	Lasagna or chicken wrap, Salad,sweetcorn, gravy, Mashed potatoes. Frozen mousse, yoghurt,fruit.	Home made vegetable soup, or chicken soup, Hot-dog or chicken roll, Sauce ,onions. Jelly tub, yoghurt, fruit,
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