

Dinners £2.60 per day

Primary Menu St Mary's

	Monday	Tuesday	Wednesday	Thursday	Friday
27/11/17 Week One	<p>Chicken Curry & Brown Rice with Naan Bread or Fish Fingers Peas, Gravy Mashed Potatoes</p> <p>Grapes & Shortbread</p>	<p>Homemade Cheese & Tomato or Pepperoni Pizza or Chicken Pasta Bake Baked Beans Chips or mash Potato Pineapple/Yogurt Jelly & Fruit or Yogurt</p>	<p>Spaghetti Bolognese or Steak Burger Carrots, Gravy Mashed Potatoes</p> <p>Melon/ Yogurt</p>	<p>Roast Pork with Apple Sauce and Gravy, Stuffing Carrots & Parsnips Oven Roast Potatoes and Mashed Potatoes</p> <p>Frozen Mousse & Fruit</p>	<p>Fresh Fish in Crumbs Parsley Sauce or Chicken Crumble, Gravy Mixed Vegetables Mashed Potatoes</p> <p>Grapes, Flake meal Biscuit</p>
04/12/17 Week Two	<p>Grilled Bacon, Gravy Chicken Curry & Rice Cabbage Mashed Potatoes</p> <p>Ice-cream & Fruit</p>	<p>Oven Baked sausages Lasagna & healthy Garlic Bread Mixed Salad/chips Mash Potato</p> <p>Fresh Pineapple, Yogurt</p>	<p>Roast Chicken/stuffing Gravy/Pasta Carrots & Parsnips Oven Roast Potatoes and Mashed Potatoes</p> <p>Frozen Yogurt, Fruit</p>	<p>Shepherd's Pie/Gravy Chicken Nuggets Peas or mixed Salad Mashed Potatoes</p> <p>Shortbread & Fruit</p>	<p>Chicken Curry & Rice or Fish Fingers Baked Beans Sweetcorn Mash Potato</p> <p>Rice Pot, Yogurt, Fruit</p>
11/12/17 Week Three	<p>Pasta Bolognese and Healthy Garlic Bread Or Steak Burger, Gravy Carrots and Mashed Potatoes</p> <p>Melon, Yogurt</p>	<p>Chicken Crumble, Gravy or Parsley Sauce Gammon, Cabbage or Mixed Vegetables Oven Roast & Mashed Potatoes</p> <p>Jelly & Fruit</p>	<p>Sweet & Sour Chicken with Rice or Roast Chicken Stuffing, Gravy Sweetcorn Mashed Potatoes</p> <p>Frozen Yogurt, Fruit</p>	<p>Fresh Fish or Macaroni Cheese Peas or Mixed Salad Chips or Mash Potato Grapes/Yogurt Grapes, Yogurt</p>	<p>Irish Stew or homemade Pizza Sweetcorn or Broccoli Gravy, Pasta Mashed Potatoes</p> <p>Muffin & Fruit</p>
18/12/17 Week Four	<p>Homemade Vegetable Soup with Homemade Bread, Hot Dog or Chicken Wrap Milk Shake</p> <p>Ice-cream & Choc Sauce. Fruit</p>	<p>Roast Turkey Stuffing, Gravy or Macaroni Cheese Carrots & Parsnips Mashed Potatoes</p> <p>Flake-meal Biscuit, Fruit</p>	<p>Chicken Curry & Rice with Naan Bread or Fish Fingers Peas, Gravy Mashed Potatoes</p> <p>Frozen Mousse, Fruit</p>	<p>Savoury Mince or Homemade Pizza Cabbage or Baked Beans, Chips or Mashed Potatoes Melon, Yogurt</p>	<p>Chicken Lasagna or Oven Baked sausages Sweetcorn or Mixed Salad Garlic Potatoes or Pasta Date Square, Fruit</p>

Milk & Water available daily

Bread & Fruit available daily

Menu subject to deliveries

If a child has an allergy, please contact the Principal/catering supervisor

school food

Try Something New today

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

