



Saint Vincent de Paul Primary School
 167A Ligoniel Road
 BELFAST
 BT14 8 DP




September 2024

School Meals update

Dear Parent/ Guardian

We have been informed that School Meals are undergoing a review of menu etc. In the meantime please see the Menu's proposed for the month of September.



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE
 WEEK COMMENCING:
 2nd September 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE Crumbed Fish Fingers	MAIN COURSE Savoury Mince	MAIN COURSES Beef Meatballs with Tomato and Basil Sauce	MAIN COURSES Roast of the Day, Stuffing & Rich Gravy	MAIN COURSES School Chippy Day Chicken Gougons
SIDES Sweetcorn/Coleslaw and Chipped Potato/Baked Potato/	SIDES Diced Carrots and Mashed/Baby Potatoes	SIDES Baton Carrots and Steamed Rice/Pasta Spirals	SIDES Fresh Seasonal Vegetables and Mashed Potato/Oven Roast Potato	SIDES Beans/Mushy Peas and Chipped Potatoes/New Baby Potatoes
DESSERT Ice Cream /Pears	DESSERT Summer Fruit Cheesecake	DESSERT Sticky Pudding /Custard	DESSERT Golden Krispie Square	DESSERT Frozen Fruit Yoghurt

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY
MENU MAY CHANGE DUE TO DELIVERY CHANGES
IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



Principal: Bronagh McVeigh

Tel: 02890717920 Fax: 02890710586 E-mail: bmcveigh625@c2kni.net

School Website: www.stvincentdepaulps.com



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK TWO
WEEK COMMENCING:
Monday 9th September

MONDAY

MAIN COURSES

Pork Sausages/Gravy

SIDES

Baked Beans/
Garden Peas

and

Chipped Potato/Jacket
Potato
Salad

DESSERT

Ice Cream and Two Fruits

TUESDAY

MAIN COURSE

Chicken Curry/Casserole

SIDES

Mini Corn

and

Steamed Rice/Oven Roast
Potato Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish/ Lemon Mayo

SIDES

Garden Peas
& Sweetcorn

and

Mashed /Baby Potatoes

DESSERT

Fruit Sponge /Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Fresh Seasonal Vegetables

and

Mashed Potato/Oven Roast
Potato

DESSERT

Fresh Fruit /Yoghurt

FRIDAY

MAIN COURSES

Beef Burger in Bap

SIDES

Spaghetti Hoops

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Lemon Shortbread and
Melon Wedge

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK THREE
WEEK COMMENCING:
Monday 16th September

MONDAY

MAIN COURSES

Beef Bolognese

SIDES

Sweetcorn /Broccoli

and

Pasta Spirals/
Mashed Pots

DESSERT

Chocolate and Orange
Cookie

TUESDAY

MAIN COURSES

Breaded Fish/Lemon Mayo

SIDES

Mushy Peas Baked Beans
and
Chips/ Baked Potato

DESSERT

Raspberry Jelly and Two
Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry /Casserole
& Naan Bread

SIDES

Diced Carrots
Steamed Rice/ Noodles

DESSERT

Fruit Sponge /Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Seasonal Vegetables

and

Mashed Potato/Oven Roast
Potato

DESSERT

Cornflake Tart /Milkshake

FRIDAY

MAIN COURSES

Hotdog /Tomato Ketchup

SIDES

Spaghetti Hoops/Mini Corn

and

Chipped Potato/Mashed
Potato

DESSERT

Ice Cream and Mandarin
Oranges

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



Principal: Bronagh McVeigh

Tel: 02890717920 Fax: 02890710586 E-mail: bmcveigh625@c2kni.net

School Website: www.stvincentdepaulps.com



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK FOUR
WEEK COMMENCING:
Monday 23rd September

MONDAY

MAIN COURSES

Crumbed Fish Fingers

SIDES

Baked Beans/ Garden Peas
and
Chipped Potato/ Jacket
Potato

DESSERT

Flakemeal Biscuit

TUESDAY

MAIN COURSES

Beef Bolognese

Or

SIDES

Baton Carrots/Oven Baked
Potato Wedges
and
Pasta Shells

DESSERT

Mandarin Sponge /Custard

WEDNESDAY

MAIN COURSES

Chicken Curry /Casserole
& Naan Bread

SIDES

Mini Corn Cob
and
Steamed Rice/Wedges

DESSERT

Artic Roll/Peaches

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Fresh Seasonal Vegetable

and
Mashed Potato/Oven Roast
Potato

DESSERT

Homemade Brownies and
Oranges Wedges

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

SIDES

Garden Peas/
Baked Beans

and
Chipped & Jacket
Potato/Salad

DESSERT

Fruit Muffin/Apple /
Orange Juice

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL

DUE TO CHILDREN ATTENDING OUR SCHOOL WITH FOOD INTOLERANCES INCLUDING NUT ALLERGIES. PLEASE NOTE BIRTHDAY CAKES ARE NOT PERMITTED IN SCHOOL.

Thank you for your understanding and support.

Yours sincerely

Bronagh McVeigh



Principal: Bronagh McVeigh

Tel: 02890717920 Fax: 02890710586 E-mail: bmcveigh625@c2kni.net

School Website: www.stvincentdepaulps.com