

St. Patrick's Primary School Aughadarragh - October Menu 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Savory Mince, Mashed Potatoes & Carrots Swiss Roll & Custard	Baked Sausages, Mashed Potatoes or Diced Potatoes, Beans or Peas, Artic Roll & Custard	Chicken Goujons or Salmon Fishcakes, Mashed Potatoes, Carrots & Gravy, Chocolate Muffin & Custard	Roast Chicken, Mashed Potatoes, Carrots, Stuffing & Gravy, Naan Bread, Tossed Salad, Fruit Sponge & Custard	Steak Burger or Chicken Salad Roll, Grated Cheese, Mash Potatoes or Chips, Sweetcorn, Gravy Oatmeal Biscuit & Custard
Week Two	Cottage Pie, Mashed Potatoes & Peas / Carrots Chocolate Cracknel & Custard	Chicken Noodle Stir fry or Chicken Nuggets, Mashed Potatoes or Chips, Peas / Tossed Salad, Swiss Roll, Fruit & Milkshake	Spaghetti Bolognese, Mashed Potatoes & Carrots, Chocolate Cake & Custard	Chicken Curry & Rice or Fish Fingers, Mashed Potatoes Beans / Sweetcorn, Ice Cream & Chocolate Sauce,	Farmers' Harvest Healthy Eating Day Baked Gammon & Parsley Sauce, Mash/Oven Baked Roasties, Carrots, Cauliflower Cheese, Apple Tart & Custard
Week Three	Tuna Pasta Bake or Chicken Drumsticks, Mashed Potatoes, Peas / Carrots & Gravy, Shortbread Biscuit & Milkshake	Salmon Fishcake or Homemade Pizza, Mash / Chips / Sauté Baked Beans Coleslaw / Sweetcorn Rice Pudding & Fruit	Chicken Goujons, Mashed Potatoes / Rice, Carrots / Broccoli, Rice Krispie Square & Strawberry Sauce	Roast Chicken, Mash / Oven Baked Roasties, Carrots, Stuffing & Gravy, Marble Cake & Custard	Tuna Pasta Bake or Grilled Bacon, Mashed Potatoes, Turnip, Yogurt & Fruit
Week Four	Steak Burger or Chicken Curry & Rice, Mashed Potatoes, Peas / Carrots, Gravy Viennese Biscuit & Custard	21-11-1 Cottage Pie, Mashed Potatoes & Sweetcorn Ice Cream & Jelly, or Fruit	Fish Fingers or Quiche, Mashed Potatoes, Carrots / Peas, Cornflake Square & Custard	Roast Chicken, Mash / Oven Baked Roasties, Broccoli / Carrots, Stuffing & Gravy, Chocolate Cake & Cornflour	Halloween Healthy Eating Day Vegetable Soup & Crusty Bread Chicken Roll or Hotdog, Tomato Sauce, Shortbread Biscuit & Mousse,

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

