

Kilronan – Choice Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 29 th Aug 26 th Sept 24 th Oct 21 st Nov 19 th Dec 16 th Jan	Spaghetti Bolognaise <i>or</i> Margherita Pizza Crusty bread Sweetcorn Salsa Potato Salad Raspberry Ripple Ice Cream & Watermelon Chunks	Roast Chicken <i>or</i> Breaded Salmon Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato Popcorn Cookies with Pear Slices & Black Grapes	Breast of Chicken Curry with Boiled Rice & Naan Bread <i>or</i> BBQ Chicken Panini Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard	Chicken Goujons <i>or</i> Chicken Stir Fry Sweetcorn & Red Pepper Homemade Chilli Diced Potatoes Frozen Smoothies & Fresh Fruit	Fish Fingers <i>or</i> Burger in a Bap Tossed Salad Baked Beans Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts
WEEK 2 5 th Sept 3 rd Oct 31 st Oct 28 th Nov 26 th Dec 23 rd Jan	Oven Baked Sausages <i>or</i> Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches	Breaded Fish Fillets <i>or</i> Lasagne & Crusty bread Sweetcorn & Peas/ Asian Slaw Mashed Potato Pineapple Chunks Frozen Yoghurt	Chicken Tikka with Boiled Rice & Naan Bread, Garden Peas <i>or</i> Chicken & Cheese Panini Garden Peas Baked Potato Tossed Salad Apple Sponge & Custard	Roast Breast of Chicken <i>or</i> Salmon Tails Traditional Stuffing/Gravy Savoy cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Raspberry Milkshake	Steak Burger & Bap <i>or</i> French Bread Pizza Chipped/Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks
WEEK 3 12 th Sept 10 th Oct 7 th Nov 5 th Dec 2 nd Jan 30 th Jan	Breast of Chicken Curry & Rice, Naan Bread ,Garden Peas <i>or</i> Filled Baked Potatoes Salad Selection Frozen Yoghurt & Fresh Fruit Selection	Fish Fingers <i>or</i> Irish Stew & Wheaten Bread Baked Beans/Sweetcorn Mashed Potato Tossed Salad Swiss Roll filled with Yoghurt and Fruit	Breaded Chicken Goujons <i>or</i> Spicy Chicken in a Warm Tortilla Wrap Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce	Roast Gammon <i>or</i> Salmon Tails Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Rice Pudding and Melody of Fruit	Steak Burger with Bap <i>or</i> Vegetable Pasta Bake Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks
WEEK 4 19 th Sept 17 th Oct 14 th Nov 12 th Dec 9 th Jan 6 th Feb	Spaghetti Bolognaise with Crusty Bread <i>or</i> Tuna & Sweetcorn Wrap ½ Baked Potato with Cheese Tossed Salad Honey Dew Melon Wedges and Ginger Cookie	BUFFET: Selection of Sandwiches (Chicken/Cheese/Tuna) Fish Fingers Pizza Fingers Cocktail Sausages Carrot Sticks Fruit Muffin & Milkshake	Breast of Chicken Curry with Boiled Rice & Naan Bread, Garden Peas <i>or</i> Savoury Mince Garden Peas Mashed Potato Fruit Crumble & Custard	Roast Chicken <i>or</i> Salmon Tails Traditional Stuffing/Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Banana chunk	Breaded Chicken Bites <i>or</i> Chicken and Cheese Panini Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw Jelly, Ice Cream & Fresh Fruit

*Breads
Milk, Water
A Choice of Fresh Fruit & Yoghurt
Available Daily*

If you require any additional information on Allergens or Special Diets, please contact the School to complete a Special Diets Application Form

Menu choices subject to deliveries

