## St Kieran's PS Menu

Curry Corry Coleslaw/Baked Potatoes or Chips  usty Bread Flakemeal Biscuit & Milk Flakemeal Biscuit & Milk Or Fresh Fruit or Muller Fruit ghurt Sweetcorn/Crunchy Coleslaw Sweetcorn/Crunchy Coleslaw Tossed Salad Tossed Salad		St Kie	St Kieran's PS Menu			<b>Pa</b> Education Authority
Chicken Pasta Bake Slice Crusty Bread or Savoury Mince / Diced Carrot & Parsnip / Potatoes  Sauce Chocolate Cookie / Milk Fruit Or Muller Fruit Yoghurt Spaghetti Bolognaise & Crusty Bread or Savoury Mince Bread or Savoury Mince Broccoli Florets  Chicken Pasta Bake Steamed Rice / Garden Peas Steamed Rice / Crusty Bread or Chicken Chocolate Cookie / Milk Fruit or Muller Fruit Yoghurt Or Muller Fruit Yoghurt Spaghetti Bolognaise & Crusty Bread or Savoury Mince Bread or Chicken Curry Coleslaw/Baked Potatoes or Chips Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Or Muller Fruit Yoghurt Glass of Water  Breast of Chicken Curry Coleslaw/Baked Potatoes or Chips  Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Nan Bread or Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Yoghurt Yoghurt Yoghurt Nan Bread or Steamed Rice / Crusty Bread Flakemeal Biscuit & Milk Flakemeal Biscuit & Milk Flakemeal Biscuit & Milk Or Fresh Fruit Yoghurt Yoghurt Yoghurt Yoghurt	Monday	Tuesday	Wednesday	Thursday	Friday	Breads
Savoury Mince / Diced Carrot & Carrots / Broccoli Florets & Pesto Sauce & Parsnip/ Potatoes & Chips  ocolate Sauce Chocolate Cookie/ Milk Fresh Fruit Or Muller Fruit Yoghurt Glass of Water  on Goujons Spaghetti Bolognaise & Crusty Bread or Savoury Mince Bread or Savoury Mince Broccoli Florets/  ocolate Sauce Chocolate Cookie/ Milk Fruit or Muller Fruit Yoghurt or Muller Fruit Yoghurt or Muller Fruit Yoghurt or Muller Fruit Yoghurt Glass of Water Glass of Water  Spaghetti Bolognaise & Crusty Bread Flakemeal Biscuit & Milk Or Fresh Fruit or Muller Fruit Yoghurt Glass of Water  Spaghetti Bolognaise & Crusty Bread or Savoury Mince Bread or Savoury Mince Glass of Chicken Curry & Steamed Rice/ Peas Sweetcorn/Crunchy Coleslaw Naan Bread or Savoury Crunchy Coleslaw Tossed Salad	Grilled Pork Sausages Baked Beans	Chicken Pasta Bake Slice Crusty Bread or	Roast Loin Of Pork Herb Stuffing / Fresh Baton	Breast of Chicken Curry Steamed Rice/ Garden Peas	Homemade Marguerita Pizza Sweetcorn/ Crunchy	Milk, Water Fresh Fruit,
ocolate Sauce Chocolate Cookie/ Milk Fresh Fruit Ghurt Or Muller Fruit Yoghurt Or Muller Fruit Yoghurt Saked Beans Bread or Savoury Mince Broccoli Florets/ Pesto Sauce Chocosate Cookie/ Milk Fruit or Muller Fruit Yoghurt Glass of Water Glass of Water Glass of Water Steamed Rice/ Crusty Bread Flakemeal Biscuit & Milk Fruit or Muller Fruit Yoghurt Or Muller Fruit Yoghurt Glass of Water Spaghetti Bolognaise & Crusty Bread or Savoury Mince	Mashed Potatoes	Savoury Mince /Diced Carrot	Carrots / Broccoli Florets	Naan Bread or Chicken	Coleslaw/Baked Potatoes or	Yoghurt
ocolate Sauce Chocolate Cookie/ Milk Fresh Fruit ghurt Or Muller Fruit Yoghurt		& Parsnip/ Potatoes	Mashed Potatoes	Pesto Sauce Steamed Rice/ Crusty Bread	Chips	Available Daily
ghurt Or Muller Fruit Yoghurt Glass of Water or Muller Fruit Yoghurt Yoghurt Yoghurt  In Goujons Spaghetti Bolognaise & Crusty Roast Turkey Staked Beans Bread or Savoury Mince Herby Stuffing/ Diced Turnip Steamed Rice/ Peas Sweetcorn/Crunchy Coleslaw Naan Bread Tossed Salad	Ice cream & Chocolate Sauce Or Fresh Fruit	Chocolate Cookie/ Milk Fresh Fruit	Swiss Roll & Custard Fresh Fruit or Muller Fruit Yoghurt	Icecream Tub or Fresh Fruit	Flakemeal Biscuit & Milk Or Fresh Fruit or Muller Fruit	
Spaghetti Bolognaise & Crusty  Bread or Savoury Mince  Broccoli Florets/ Fresh Carrots  Roast Turkey  Herby Stuffing/ Diced Turnip  Breast of Chicken Curry & Breaded Fish Fingers  Steamed Rice/ Peas  Naan Bread  Tossed Salad  Tossed Salad	Muller Fruit Yoghurt Glass of Water	Or Muller Fruit Yoghurt	Glass of Water	or Muller Fruit Yoghurt Glass of Water	Yoghurt	
Bread or Savoury Mince Broccoli Florets/ Fresh Carrots  Cauliflower Florets  Cauliflower Florets  Steamed Rice/ Peas  Sweetcorn/Crunchy Coleslaw  Naan Bread  Tossed Salad  Tossed Salad	Breaded Chicken Goujons	Spaghetti Bolognaise & Crusty	Roast Turkey	Breast of Chicken Curry &	Breaded Fish Fingers	
Broccoli Florets/ Fresh Carrots	Mushy Peas / Baked Beans	Bread or Savoury Mince	Herby Stuffing/ Diced Turnip	Steamed Rice/ Peas	Sweetcorn/Crunchy Coleslaw	
	Mashed Potatoes	Broccoli Florets/ Fresh Carrots	Cauliflower Florets	Naan Bread	Tossed Salad	Selection of fresh

Salads available on of fresh

Application Forn Information on Any Additional Please Contact If You Require the School to Special Diets Allergens or Special Diets complete a

At times menu may be subject to change

13/06/22 16/05/22 18/4/22 21/03/22 21/02/22 24/01/22 WEEK 4

Muller Fruit yoghurt

Glass of Milk

Fruit or Muller Fruit Yoghurt

Muller Fruit Yoghurt

Date Krispie or Fresh Fruit or

Muller Fruit Yoghurt

Fresh Fruit or

Glass of Milk Shake

Glass of Water

Glass of Milk

Vanilla Muffin or Fresh

Potatoes

Creamed Rice or Fresh Fruit

Muller Fruit Yoghurt

Or Fresh Fruit or

Glass of Water

Chocolate Sponge & Custard

06/06/22 09/05/22 11/04/22 14/03/22 14/02/22 17/01/22 WEEK 3

Glass of Water

Glass of Milk

Or Fresh fruit or Muller Yoghurt

Orange Sponge & Custard Or Fresh Fruit or Muller Fruit

Or Fresh Fruit or Muller Flakemeal Biscuit & Milk

Fruit Yoghurt

Muller Fruit Yoghurt Or Fruit Yoghurt or

Raspberry Ripple Icecream Tub

Chocolate Cookie

Swiss Roll & Custard

or Fresh Fruit or Muller Fruit Yoghurt

Mashed Potatoes

Mashed Potatoes Baked Beans **Breaded Chicken Nuggets** 

Roast Loin of Pork & Gravy /

**Breast of Chicken Curry** 

Fresh Fruit or Fruit Yoghurt

Glass of Water

Yoghurt

Fresh Fruit or Muller Fruit Ice Cream Tub or

Homemade Shortbread or

Fresh Carrot & Parsnip Herb Stuffing

Mashed Potatoes

Salad/ Roast Potato Wedges Chicken Baguette /Coleslaw Steamed Rice/ Nan Bread

> Chips/ Baked Potato Garden Peas/ Tossed Salad Hot Dog & Sauté Onions

**Broccoli Florets/ Baton Carrots** Savoury Mince & Onion

Marguerita Pizza

Dry Roast Wedged Potato Sweetcorn/ Tossed Salad

Mashed Potatoes

**Baked Beans** 

**Breaded Chicken Goujons** 

Roast Breast of Chicken &

Glass of Water

Herb Stuffing/ Broccoli Florets

Chicken Bap/ Coleslaw Steamed Rice/ Naan Bread **Breast of Chicken Curry** 

Chips or Baked Potato Garden Peas/ Tossed Salad **Grilled Breaded Fish Fingers** 

Tossed Salad/ Dry Roast

**Diced Potatoes** 

Baton Carrots/ Mashed

30/05/22 02/05/22 04/04/22 07/03/22 07/02/22 10/01/22 WEEK 2

Glass of Water Fruit Yoghurt Or Fresh Fruit or Muller Coconut Sponge & Custard

Popcorn Cookie & Milk or Fresh

Fruit or Muller Fruit Yoghurt

or Muller Fruit yoghurt/ Glass Chocolate Muffin or Fresh Fruit

Dry Roast Wedge Potatoes

Or Breast of Chicken Wrap

Chips/ Baked Potatoes

Coleslaw/Tossed salad

Mashed Potatoes

Mashed Potatoes

20/06/22 23/05/22 25/04/22 28/03/22 28/02/22 31/01/22 WEEK 1











