

St Kieran's PS Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 31/01/22 28/02/22 28/03/22 25/04/22 23/05/22 20/06/22	Grilled Pork Sausages Baked Beans Mashed Potatoes Ice cream & Chocolate Sauce Or Fresh Fruit Muller Fruit Yoghurt Glass of Water	Chicken Pasta Bake Slice Crusty Bread or Savoury Mince /Diced Carrot & Parsnip/ Potatoes Chocolate Cookie/ Milk Fresh Fruit Or Muller Fruit Yoghurt	Roast Loin Of Pork Herb Stuffing / Fresh Baton Carrots / Broccoli Florets Mashed Potatoes Swiss Roll & Custard Fresh Fruit or Muller Fruit Yoghurt Glass of Water	Breast of Chicken Curry Steamed Rice/ Garden Peas Naan Bread or Chicken Pesto Sauce Steamed Rice/ Crusty Bread Icecream Tub or Fresh Fruit or Muller Fruit Yoghurt Glass of Water	Homemade Marguerita Pizza Sweetcorn/ Crunchy Coleslaw/Baked Potatoes or Chips Flakemeal Biscuit & Milk Or Fresh Fruit or Muller Fruit Yoghurt
WEEK 2 10/01/22 07/02/22 07/03/22 04/04/22 02/05/22 30/05/22	Breaded Chicken Goujons Mushy Peas / Baked Beans Mashed Potatoes Coconut Sponge & Custard Or Fresh Fruit or Muller Fruit Yoghurt Glass of Water	Spaghetti Bolognaise & Crusty Bread or Savoury Mince Broccoli Florets/ Fresh Carrots Mashed Potatoes Popcorn Cookie & Milk or Fresh Fruit or Muller Fruit Yoghurt	Roast Turkey Herby Stuffing/ Diced Turnip Cauliflower Florets Mashed Potatoes Chocolate Muffin or Fresh Fruit or Muller Fruit yoghurt/ Glass of Water	Breast of Chicken Curry & Steamed Rice/ Peas Naan Bread Or Breast of Chicken Wrap Coleslaw/Tossed salad Dry Roast Wedge Potatoes Homemade Shortbread or Fresh Fruit or Fruit Yoghurt	Breaded Fish Fingers Sweetcorn/Crunchy Coleslaw Tossed Salad Chips/ Baked Potatoes Ice Cream Tub or Fresh Fruit or Muller Fruit Yoghurt Glass of Water
WEEK 3 17/01/22 14/02/22 14/03/22 11/04/22 09/05/22 06/06/22	Savoury Mince & Onion Broccoli Florets/ Baton Carrots Mashed Potatoes Swiss Roll & Custard or Fresh Fruit or Muller Fruit Yoghurt Glass of Water	Breaded Chicken Nuggets Baked Beans Mashed Potatoes Chocolate Cookie Or Fresh fruit or Muller Yoghurt Glass of Milk	Roast Loin of Pork & Gravy / Herb Stuffing Fresh Carrot & Parsnip Mashed Potatoes Orange Sponge & Custard Or Fresh Fruit or Muller Fruit Yoghurt Glass of Water	Breast of Chicken Curry Steamed Rice/ Nan Bread Chicken Baguette /Coleslaw Salad/ Roast Potato Wedges Flakemeal Biscuit & Milk Or Fresh Fruit or Muller Fruit Yoghurt	Hot Dog & Sauté Onions Garden Peas/ Tossed Salad Chips/ Baked Potato Raspberry Ripple Icecream Tub Or Fruit Yoghurt or Muller Fruit Yoghurt
WEEK 4 24/01/22 21/02/22 21/03/22 18/4/22 16/05/22 13/06/22	Marguerita Pizza Sweetcorn/ Tossed Salad Dry Roast Wedged Potato Chocolate Sponge & Custard Or Fresh Fruit or Muller Fruit yoghurt Glass of Water	Breaded Chicken Goujons Baked Beans Mashed Potatoes Creamed Rice or Fresh Fruit Muller Fruit Yoghurt Glass of Milk	Roast Breast of Chicken & Gravy Herb Stuffing/ Broccoli Florets Baton Carrots/ Mashed Potatoes Vanilla Muffin or Fresh Fruit or Muller Fruit Yoghurt Glass of Milk	Breast of Chicken Curry Steamed Rice/ Naan Bread Chicken Bap/ Coleslaw Tossed Salad/ Dry Roast Diced Potatoes Date Krispie or Fresh Fruit or Muller Fruit Yoghurt Glass of Water	Grilled Breaded Fish Fingers Garden Peas/ Tossed Salad Chips or Baked Potato Fresh Fruit or Muller Fruit Yoghurt Glass of Milk Shake

At times menu may be subject to change



Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily

Selection of fresh
Salads available
daily

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