

# ST.MALACHYS PS OCTOBER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 28-9-20	Chicken curry+rice Semolina +fruit	Pepperoni pizza, Sweetcorn+peas Chips or rice Gravy. Apple crumble+custard	Roast pork, gravy, Apple sauce, broccoli, Cabbage, stuffing Oven roast + mashed Potatoes. Rice krispy square or fruit.	Steak burger, Gravy, mixed vegetables, Mashed potatoes. Artic roll +fruit.	Pasta bolognaise or Frozen mousse+fruit.
<b>Week Two</b> 5-10-20	Fish fingers broccoli,carrots, gravy Chips+pasta. Shortbread biscuit+ Custard.	Home made chicken Or vegetable soup, Hot-dog. Jelly tub+fruit	Roast c hicken, Stuffing, Gravy Carrots+parsnip Oven Roast Potatoes and Mashed Potatoes  Chocolate cake +pink Custard.	Grilled bacon, Cabbage, baked beans Gravy, mashed potatoes. Ice-cream tub or fruit	Sweet+sour chicken or Plain chicken+ rice  Cookie+fruit
<b>Week Three</b> 12-10-20	Chicken nuggets Baked beans, peas, Chips, rice gravy. Semolina+fruit	Spaghetti bolognaise  Jam cake +custard.	Roast beef, gravy, Carrots, broccoli. Roast or mashed Potatoes. Chocolate cracknel, Or fruit	chicken wrap, peas, sweetcorn, Gravy, potato wedges. Frozen mousse.	Chicken curry+rice  Jelly tub+fruit
<b>Week Four</b> 19-10-20	pepperoni pizza, gravy,sweetcorn, Cabbage, chips ,rice Chocolate cake+pink custard.	Chicken curry + rice  Apple crumble+custard	Roast gammon+stuffing, Turnip, carrots, gravy, Stuffing, , Oven roast+mashed potatoes Rice krispy square or fruit	Spaghetti bolgnaise  Frozen mousse +fruit	Homemade chicken soup Hotdog .  Ice-cream tub & fruit

# school food

[www.schoolfoodni.com](http://www.schoolfoodni.com)

*Try Something New today*  
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

