

ST.MALACHYS PS OCTOBER 2019

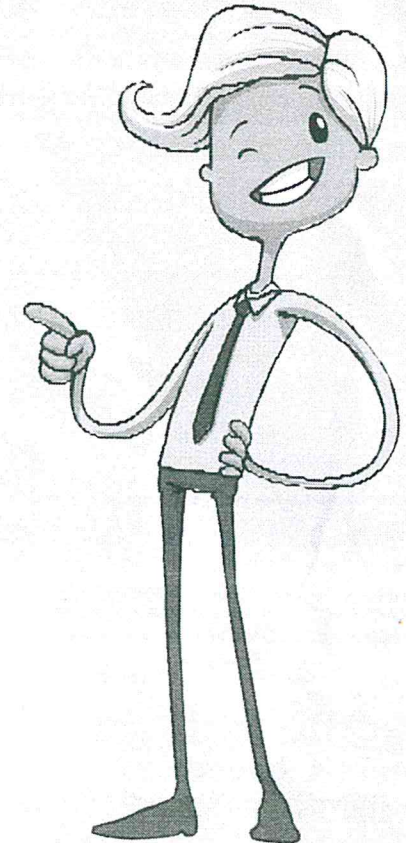
school food

Try something new today

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1-10-19	Chicken curry+rice or Fish fingers, Peas, gravy, Mashed potatoes. Semolina +fruit	Chicken wrap or Pepperoni pizza, Salad, sweetcorn, Chips or baby boiled, Gravy. Apple crumble+custard	Roast pork, gravy, Apple sauce, broccoli, Cabbage, stuffing Oven roast or mashed Potatoes. Rice krispy square + Custard.	Peppered chicken or Roast chicken, Gravy, mixed vegetables, chips or Mashed potatoes. Artic roll +fruit.	Pasta bolognaise or Steak burger, Carrots, gravy, Mashed potatoes. Frozen mousse+fruit.
Week Two 7-10-19	Grilled Bacon or Lasagna broccoli,carrots, gravy, Mashed potatoes. Rice pudding+fruit	Fish fingers or Chicken broccoli bake, gravy, peas, Sweetcorn, potatoes. Apple sponge+custard.	Roast c hicken, Stuffing, Gravy Carrots+parsnip Oven Roast Potatoes and Mashed Potatoes Chocolate cake +pink Custard.	Grilled sausages or Salmon bites, sweetcorn, baked beans, Mashed potatoes. Ice-cream tub+fruit.	Chicken fricassee or home made chicken Goujons, Mixed vegetables, salad Rice or chips, gravy. Jelly tub +fruit.
Week Three 14-10-19	Spaghetti bolognaise Or fish fingers,mixed vegetables, Gravy, mashed potatoes. Semolina +fruit.	Irish stew or chicken wrap, salad, sweetcorn, Mashed potatoes, Gravy. Chocolate cracknel + Pink custard.	Roast beef, gravy, Carrots, broccoli oven roast or Mashed Potatoes Jam cake +custard.	Cheese+tomato pizza or Sweet+sour chicken sweetcorn ,gravy Chips or rice Jelly tub, fruit,	Chicken nuggets or Chicken fried rice, Baked beans, peas, Gravy, mashed potatoes. Artic roll +fruit.
Week Four 21-10-19	Braised steak +onions Or pepperoni pizza, gravy,sweetcorn, Cabbage, mashed potatoes. Chocolate Sponge & Pink custard	Chicken curry + rice or Fishfingers,gravy, Peas, baked beans,mashed potatoes Apple crumble + Custard	Baked gammon, Turnip, carrots, gravy, Stuffing, apple sauce, Oven roast or mashed potatoes. Rice krispy square + Custard.	Lasagna or chicken wrap, sweetcorn, salad,Chips or baked Potatoes Frozen mousse +fruit	Homemade vegetable soup or chicken soup Hotdog or chicken or cheese roll. Ice-cream tub & fruit