

ST.MALACHYS PS JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 6-1-20	Cheese+tomato pizza or fish fingers, Chips or baby boiled Mixed salad ,gravy Sweetcorn. Apple crumble+custard	Spaghetti bolognaise Or chicken wrap, Mixed vegetables, Gravy, mashed potatoes. Rice krispy square+ Custard.	Roast chicken,gravy, carrots+ parsnips gravy, oven roast or mashed potatoes. Chocolate cake +pink custard	Cottage pie or Chicken curry, Rice or chips, Peas +sweetcorn, gravy Jelly +fruit	Beef burger or Chicken casserole, Mashed potatoes, Cabbage, gravy. Frozen mousse.
Week Two 13-1-20	Lasagna or Chicken nuggets, Chips or pasta Salad, baked beans, Gravy. Rice pudding +fruit	Chicken fried rice or Braised steak+onions, Peas, cabbage, gravy, Mashed potatoes. Shortbread +custard.	Roast pork, stuffing, Gravy, apple sauce, Oven roast potatoes or Mashed, broccoli, carrots. Jam cake +custard.	Pepperoni pizza or Salmon bites, Mashed potatoes, Sweetcorn, gravy. Ice-cream tub+fruit.	Sweet+sour chicken or Home made chicken Goujons, Rice or potatoes, Mixed vegetables, gravy Jelly tub+fruit.
Week Three 20-1-20	Chicken curry+rice or Pizza, gravy, sweetcorn, mashed potatoes. Semolina +fruit.	Fish fingers or lasagna, Chips, or pasta Salad, mixed vegetables, Apple crumble +custard.	Roast turkey, gravy, Oven roast potatoes, Or mashed potatoes, Broccoli, turnip. Chocolate cracknel + Pink custard.	Beef casserole or Grilled sausages, Baked beans, sweetcorn, gravy, Mashed potatoes. Frozen mousse+fruit.	Roast chicken or Peppered chicken, Rice or mashed potatoes, stuffing, Gravy , peas. Artic roll+fruit.
Week Four 27-1-20	Spaghetti bolgnaise or roast chicken, mixed vegetables, mashed potatoes. Rice pudding+fruit.	Chicken fricassee or Chicken nuggets, Rice or chips, Salad ,sweetcorn. Apple sponge+custard.	Baked gammon, Gravy, apple sauce, Oven roast or mashed potatoes, cabbage, Carrots. Shortbread +custard.	Fish fingers or savoury mince, Baked beans, peas, Mashed potatoes. Jelly +fruit.	Homemade vegetable soup or chicken soup, Hotdog or chicken roll, Or cheese roll. Ice-cream+fruit.

school food

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

