

# ST.MALACHYS PS SEPTEMBER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 2-9-19	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.
<b>Week Two</b> 9-9-19	Lasagna or Chicken nuggets, Chips or baby boiled, 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.
<b>Week Three</b> 16-9-19	Chicken curry+rice or Pizza, gravy, sweetcorn, mashed potatoes. Semolina +fruit.	Fish fingers or lasagna, Chips, baked potatoes, 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 Pepered chicken, Rice or mashed potatoes, stuffing, Gravy , peas. Artic roll+fruit.
<b>Week Four</b> 23-9-19	Spaghetti bolgnaise or chicken broccoli bake, 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.	School Closed

# school food

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

