

ST.MALACHYS PS JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 7-1-19	Pasta bolognaise or Fish Fingers Peas, Gravy Mashed Potatoes Rice pudding+fruit	Chicken crumble or steak burger,sweetcorn, gravy,mashed potatoes . Rice krispy bun +custard	Roast chicken, stuffing,gravy, carrots+ parsnips Roast or mashed potatoes. Jam cake+custard.	Cottage pie or grilled sausages , mixed vegetables,gravy, Mashed potatoes. Jelly +fruit	Chicken curry+rice or pizza,salad, gravy chips or baby boiled. Ice-cream tub
Week Two 14-1-19	Grilled Bacon, Gravy or brown beef stew, gravy , Carrots Mashed Potatoes Semolina+fruit	Chicken stir fry or chicken nuggets,baked beans, Salad Chips or baby boiled. Apple crumble+ custard	Roast pork Stuffing, Gravy Broccoli, sweetcorn, Oven Roast Potatoes and Mashed Potatoes Chocolate cake + Custard..	Lasagna or fish fingers Peas , carrots, gravy, Mashed Potatoes Frozen mousse+fruit,	Peppered chicken+rice or roast chicken, sweet Corn Mashed potatoes, gravy. Shortbread+fruit..
Week Three 21-1-19	Chicken curry+rice, plain chicken Or salmon, Gravy Carrots and Mashed Potatoes Jam cake +custard	Spaghetti bolgonise,or Pepperoni pizza, Gravy, mixed vegetables, mashed potatoes Cornflake cracknel +custard	Roast turkey gravy, , Carrots+parsnip, roast or Mashed Potatoes Fork biscuit +custard	Irish stew or chicken wrap, sweetcorn or Selection of Salads Chips or babypotatoes. Ice-cream tub	Steak burger or chicken pasta bake,gravy,carrots, Herb diced or Mashed Potatoes .jelly+fruit
Week Four 28-1-19	Irish stew or Chicken casserole, gravy,sweetcorn, mashed potatoes Apple sponge +custard	Chicken fried rice or Fishfingers,gravy, mixed vegetables, baked beans,mashed potatoes semolina +fruit	Roast beef, gravy, carrots, brussel sprouts Roast or mashed potatoes Rice krispy bun +custard	Lasagna or chicken wrap, Baked Beans, salad,Chips or Mashed Potatoes . Artic roll +fruit	Homemade vegetable soup or chicken soup, Hotdog or chicken roll, Onions. Frozen mousse.

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

