

* please note menu is as stated *

ST.MALACHYS PS September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1-9-20	BANK HOLIDAY CLOSED	Pepperoni pizza Chips, pasta, peas+ Sweetcorn, gravy. Ice-cream tub or Fresh fruit.	Chicken curry+rice Chocolate muffin or Fresh fruit.	Roast turkey, stuffing, Gravy, carrots, sprouts, Roast+mashed Potatoes. Cookie or fresh fruit.	Steak burger, Mixed vegetables, Baked beans, gravy, Mashed potatoes. Frozen mousse or Fresh fruit.
Week Two 7-9-20	Spaghetti bolnaisse Apple crumble custard or fresh fruit.	Fish fingers, Broccoli+ sweetcorn, Gravy, Mashed potatoes. Semolina +fruit.	Roast pork Stuffing, Gravy Carrots & Parsnips Oven Roast Potatoes and Mashed Potatoes Chocolate cake + Pink custard.	Home made chicken Gougons, Chips, rice gravy, peas+ Sweetcorn. Artic-roll or fresh fruit.	Home made chicken soup, Hot-dog Jelly tub or fruit fruit.
Week Three 14-9-20	Fish bites, Chips, pasta peas, baked beans Shortbread+custard.	Chicken wrap, Potato wedges, Sweetcorn, gravy. Rice krispy square+ Custard,	Roast beef Cabbage, mixed veg, Roast or mashed Potatoes, gravy. Jam cake +custard.	Beef casserole, Mashed potatoes, Cabbage, turnip, Frozen mousse or fresh fruit	Chicken curry+rice Ice-cream tub or Fresh fruit.
Week Four 21-9-20	Cheese +tomato pizza, Peas+sweetcorn, Chips, pasta, gravy. Semolina+fruit. Or fresh fruit	Chicken curry+rice Chocolate cracknel+ Pink custard.	Baked gammon, Gravy, apple sauce, Roast+mashed Potatoes, carrots+parsnip Shortbread+custard.	Spaghetti bolnaisse Artic-roll or Fresh fruit.	Home made chicken Soup. Hot-dog. Jelly tub or fresh fruit.

school food

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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

