

OCTOBER 2018 MENU.

	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 1/10/18----5/10/18	Homemade Vegetable Soup Steak Burger in Bap with Cheese or Tuna Wrap with a selection of Salads.	Fish Fingers with Parsley Sauce or Cheese & Tomato Pizza with Salad or Broccoli, Chips or Mashed Potatoes & Pasta	Roast Turkey or Macaroni Cheese with Stuffing, & Gravy, Carrots or Broccoli, Dry Oven Roast & Mashed Potatoes Ice Cream	Beef Curry or Bacon Slice with Stuffing, Gravy, Peas, Turnip, Mashed Potatoes & Rice Banana Cake & Custard Fresh Fruit	Spicy Chicken Wrap or Sausages, Beans or Side Salad, Mashed Potato or Chips with Gravy or Curry Sauce & Pasta. Frozen Yoghurt Fresh fruit
week2 8/10/18----12/10/18	Spaghetti Bolognaise, or Oven Baked Sausage with Mixed Vegetables or Peas, Mashed Potatoes or Pasta.	Chicken a la King & Rice, or Fish Fingers, Mixed Vegetables or Peas, Mashed Potatoes.	Roast Beef or Salmon Fish Cake with Stuffing & Gravy, Carrot & Parsnip or Peas, Dry Oven Roast & Mashed Potatoes Frozen Yoghurt Fresh fruit	Chicken Curry & Boiled Rice or BBQ Drumstick with Gravy, Mixed Vegetables or Peas & Mashed Potatoes or Oven Baked Wedges.	Tuna Wrap or Steak Burger in a Bap With Cheese & Selection of Salads Chips or Mashed Potatoes & Pasta & Curry Sauce or Gravy. Ice Cream Fresh Fruit
week3. 15/10/18----19/10/18	Irish Stew or Chicken Pasta with Chilli Sauce, Mixed Vegetables, Mashed Potatoes or Homemade Bread Chocolate & Pear Cake & Custard. Fresh Fruit	Chicken Curry & Boiled Rice or Bacon Slice, Stuffing, Gravy, Mixed Vegetables, Mashed Potatoes Jelly & Fruit/ Jelly Whip Yoghurt	Roast Turkey Stuffing, or Fish Fingers & Gravy, Turnip or Peas, Dry Oven Roast & Mashed Potatoes. Ice Cream Fresh Fruit	Spaghetti Bolognaise or Oven Baked Sausages, Gravy, Peas & Sweet corn, Mashed Potatoes & Rice. Flake meal Apple Crumble & Custard Fresh Fruit	Salmon Fish Cake & Parsley Sauce or Cheese & Tomato Pizza, Broccoli or Baked Beans, Mashed Potatoes or Chips with Gravy or Curry Sauce & Pasta. Frozen Yoghurt Fresh Fruit
week4 22/10/18----26/10/18. MENU SUBJECT TO DELIVERIES.	Chicken Curry or Fish Fingers, Gravy, Peas & Sweet corn, Mashed Potatoes, Rice, & Oven Baked Wedges. Apple Sponge & Custard	Brown Beef Stew, or Chicken with Peppered Sauce & Rice, Gravy, Turnip or Peas, Mashed Potatoes Lemon & Orange Cake & Custard.	Roast Pork or Chicken Pasta with Stuffing & Gravy, Carrot & Broccoli, Dry Oven Roast & Mashed Potatoes Pineapple Delight Fresh Fruit	Spicy Chicken Wrap or Cheese & Tomato Pizza with Peas & Sweet Corn, Mashed Potatoes & Rice or Chips. Frozen Yoghurt Fresh Fruit	

School food

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Bread, Fresh Fruit, 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.

