

ST. PETER'S P.S. Cloughreagh October 2018 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1 st oct	SCHOOL CLOSURE	Irish Stew Breads Oven baked sausages Rice /mash potato Baked beans / carrots Ice cream tub Fresh fruit	Chicken crumble Gravy Breaded fish fingers Mashed potato / pasta Turnip / peas Cookies Fruit / yoghurt	Roast chicken Stuffing & gravy Roast / mashed potato Broccoli / carrots Jelly Fruit pieces / yoghurt	Pizza / fish cake Grilled steak burger Chips/ mashed potato Salad bar Frozen mousse Fruit / yoghurt
Week Two 8 th Oct	Beef curry & rice Chicken drumstick Gravy & pasta Crusty bread Mashed potato Mixed vegetables Muffin & fruit	Chicken pasta bake Chicken goujons breads/mash potato Beans / carrots & peas Frozen mousse fruit	Spaghetti bolognaise Grilled steak burger Gravy & breads Mashed potato Sweetcorn / coleslaw Egg sponge Fruit / yoghurt	Roast Turkey Stuffing & gravy Roast / mashed potato Broccoli / carrots Fruit pieces Yoghurt jelly	Pepperoni pizza Fresh breaded fish Chips / mash potato Salad bar Ice cream tub Fruit / yoghurt
Week Three 15 th oct	Lasagna Chicken wrap Mash potato /pasta Crusty bread Carrot & parsnip Chocolate muffin Fruit / yoghurt	Pizza Salmon fish cake Pasta /mash potato Baked beans Mixed vegetables Flake meal biscuit Fruit / yoghurt	Chicken curry & rice Cottage pie Mashed potato Pasta / bread Carrot & parsnip Cabbage / coleslaw Ice cream tub & fruit	Roast chicken Stuffing & gravy Roast / mash potato Broccoli / carrots Jelly Fruit & yoghurt	Oven baked sausages Grilled fish fingers Chips / mash potato Peas & carrot Salad bar Frozen yoghurt Fruit
Week Four 22 nd Oct	B B Q chicken Pasta bolognaise Crusty bread Mash potato Sweet corn Shortbread Fruit / yoghurt	Stuffed bacon rolls Chicken goujons Rice /mash potato Baked beans Cabbage / coleslaw Ice cream tub Fruit / yoghurt	Chicken soup Salmon wrap Steak burger & bap Mixed salad / coleslaw Crusty bread Egg sponge Fruit / yoghurt	Roast chicken Stuffing & gravy Roast / mashed potato Broccoli / carrots Jelly Fruit pieces / yoghurt	Pizza Breaded fish fingers Chips / mash potato Peas / coleslaw Salad bar Frozen yoghurt Fruit / yoghurt

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

