

St. Joseph & St. James's P.S. September 2019 Menu

Cost of a school meal is currently £2.60 per day

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 02/09/2019	Chicken Fried rice or Fish Fingers, baked beans, peas Mashed potatoes Flakemeal	Steakburger & gravy or Cottage Pie Sweetcorn, Mashed/baked potatoes Jelly	Spaghetti bolognaise with crusty bread or Chicken baguette Salad, pasta Yoghurt	Roast Chicken, stuffing, gravy Cauliflower, carrots Roast & mashed potatoes Chocolate cake	Chicken nuggets or Tuna wrap Selection of salads, Chips/pasta Ice cream
Week Two 09/09/2019	Chicken curry & rice with naan bread or Fish fingers, gravy, broccoli Potatoes/rice Jelly	Chicken crumble or Oven baked sausages Sweetcorn, baked beans Mashed potatoes Bun	Chicken burger or Salad wrap Coleslaw, Herb dice potato/pasta Yoghurt	Roast Chicken, stuffing, gravy Carrots, broccoli Roast & mashed Potatoes Cookie	Homemade pizza or Sweet & sour chicken Carrot sticks, Chips/rice Ice cream
Week Three 16/09/2019	Chicken curry & rice with naan bread or Grilled bacon, turnip, Mashed potatoes Shortbread biscuit	Homemade pizza or Salmon bites, Broccoli Chips/pasta Jelly	Fish Bites, baked beans, sweetcorn, potatoes or Sphaghetti bolognaise, garlic bread Cookie	Roast chicken, stuffing, gravy Carrots, parsnips Roast & mashed Potatoes Muffin	Cream of vegetable soup with wheaten bread Hot dog or Cheese roll Ice cream
Week Four 23/09/2019	Chicken curry & rice with naan bread or Steakburger, peas, mashed potatoes Flakemeal Biscuit	Spaghetti bolognaise with crusty bread or Chicken wrap Peas, Baby Potatoes Jelly	Breaded fresh fish or Pizza Baked beans, Sweetcorn Mashed potatoes/pasta Frozen yoghurt	Roast chicken, stuffing, gravy Carrots, broccolis Roast & mashed Potatoes Spongecake	Chicken nuggets or Tuna wrap Selection of salads, Chips/rice Ice cream

school food

www.schoolfoodni.com

If you require any additional information on allergens or Special diets please contact the school in the first instance

