

St Mary's Primary School Dechomet

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5/2/18	Pasta Bolognaise with crusty bread or Fish Fingers Peas, Gravy Mashed Potatoes Rice pudding & oranges	Chicken Crumble or Steak Burger, Gravy cabbage, chips or Mashed Potatoes Jelly & Fruit	Cottage Pie, Oven Baked Sausages Mixed Vegetables or baked beans Mashed Potatoes Fruit sponge & custard	Roast Chicken Stuffing, Gravy Carrots & Parsnips Mashed Potatoes Flake meal Biscuit, Fruit	PARTY DAY Cocktail sausages & chicken nugget, Chips in bag Ice cream tub & orange drink
Week Two 19/2/18	Grilled Bacon , or steak burger, Gravy or Mixed vegetables & chips or Mashed Potatoes Fruit sponge & custard	Roast chicken & Stuffing , Gravy ,diced carrot and parsnip, gravy Oven Roast & Mashed Potatoes Ice-cream & Fruit	Chicken Curry and rice Naan Bread or Chicken Nuggets Baked Beans or sweetcorn Chips or mashed potato Fruit Salad & biscuit	Lasagne & crusty bread or Fish fingers, peas & Carrots, Gravy Mashed Potatoes Jelly Whip & Fruit	Chicken and vegetable soup & crusty roll Hot dog or tuna & salad baguette Ice cream tub & strawberry milkshake
Week Three 26/2/18	Chicken Curry & Brown Rice with Naan bread or Pepperoni Pizza Baked Beans or Peas Chips or mashed potatoes Rice pudding & fruit	Pasta Bolognaise with wheaten Bread, or breaded fish , parsley sauce Mixed Vegetables, Mashed Potatoes Jelly & Fruit	Irish Stew & crusty roll or Savory Chicken Wraps & Sweetcorn Oven Dice Potatoes or mashed potato Ice cream fruit & wafer	Roast Chicken, Stuffing Gravy, Carrots & Parsnips Mashed Potatoes & oven roast potatoes Shortcake & fruit salad	Tuna pasta bake or Steak Burger, Gravy, turnip or broccoli & chips Mashed Potatoes Strawberry Frozen Yogurt
Week Four 5/3/18	Pizza or Oven Baked Sausages Sweet-Corn , Chips or Mashed Potatoes Fruit sponge & custard	Chicken Fried Rice or Fish Fingers, Gravy Mixed Vegetables Mashed Potatoes Ice cream ,wafer & fruit	Lasagne with crusty Bread or Steak Burger Peas, Gravy Mashed Potatoes or Baked Potato Jelly & Fruit	Roast chicken, stuffing, gravy Carrots & parsnip Oven roast & mashed potatoes Flakemeal Biscuit & Fruit	Chicken & vegetable soup Steak burger in bag Or Tuna & salad roll Date krispies & milk shake
Week Five 12/3/18	Chicken curry & Rice or Homemade Pizza Baked Beans or Peas Mashed Potatoes Chocolate & pear sponge & custard	Breaded Fish or Chicken Pasta Bake Sweetcorn Chips or mashed potatoes Rice pudding, Fruit	Roast chicken Stuffing, Gravy Carrots & peas Oven Roast & Mashed Potatoes Ice-cream tub & orange juice	Chicken & vegetable soup & crusty bread Hot dogs & coleslaw Or Tuna baguettes Flakemeal Biscuit	Sweet & Sour chicken with Rice or Grilled Bacon Turnip, Gravy or Mashed Potatoes Jelly & Fruit

school food

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

