

# St. Colman's Bann Primary January Menu 2018

|                               | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|-------------------------------|---|---|--|--|---|
| <b>Week One</b><br>08/01/18   | Pasta Bolognaise with Healthy Garlic Bread or Fish Fingers<br>Peas, Gravy<br>Mashed Potatoes<br><br>Melon or Yogurt | Chicken Crumble or Steak Burger, Gravy<br>Sweetcorn, Pasta or Mashed Potatoes<br><br>Jelly & Fruit                                  | Cottage Pie, Gravy or Oven Baked Sausages<br>Mixed Vegetables<br>Mashed Potatoes<br><br>Grapes & Frozen Yogurt                           | Roast Chicken Stuffing, Gravy<br>Carrots & Parsnips<br>Mashed Potatoes<br><br>Flake meal Biscuit, Fruit                        | Chicken Curry & Brown Rice with Naan Bread or Homemade Pizza with Salad or Sweet corn<br>Chips<br>Fresh Pineapple, Yogurt |
| <b>Week Two</b><br>15/01/18   | Grilled Bacon with Stuffing, Gravy or Irish Stew<br>Carrots, Mashed Potatoes<br><br>Frozen Mousse & Fruit           | Roast Pork, Apple Sauce, Stuffing, Gravy<br>Broccoli & Corn<br>Oven Roast & Mashed Potatoes<br><br>Ice-cream & Fruit                | Chicken Stir Fry with Naan Bread or Chicken Nuggets<br>Baked Beans or Peas<br>Chips or Mashed potato<br><br>Fruit Salad, Yogurt          | Lasagna & Healthy Garlic bread or<br>Fresh Fish Goujons<br>Carrots, Gravy<br>Mashed Potatoes<br><br>Jelly Whip & Fruit         | Chilli Chicken with Rice or Roast Chicken, Stuffing<br>Gravy, Mixed Vegetables, Mashed Potatoes<br><br>Melon, Yogurt      |
| <b>Week Three</b><br>22/01/18 | Potato & Leek Soup<br>Hot Dogs<br>Salad/Coleslaw<br><br>Grapes, Yogurt<br>Flake meal Biscuit                        | Pasta Bolognaise with Naan Bread or Salmon<br>Fishcake/Fish Fingers<br>Mixed Vegetables,<br>Mashed Potatoes or<br><br>Jelly & Fruit | Irish Stew or<br>Homemade Pizza<br>Sweetcorn,<br>Mashed Potatoes or<br>Chips<br><br>Melon, Yogurt  | Roast Turkey,<br>Stuffing Gravy,<br>Carrots & Parsnips<br>Mashed Potatoes<br><br>Strawberry Shortcake or Yogurt                | Chicken Chow Mein or<br>Steak Burger,<br>Gravy, Carrots<br>Mashed Potatoes<br><br>Fruit Salad, Yogurt                     |
| <b>Week Four</b><br>29/01/189 | Chili Beef & Noodles or<br>Oven Baked Sausages<br>Sweet-Corn, Gravy<br>Mashed Potatoes<br><br>Date Square, Fruit    | Chicken Curry or<br>Fish Fingers, Gravy<br>Mixed Vegetables<br>Mashed Potatoes<br>Or Pasta<br><br>Fresh Pineapple, Yogurt           | Lasagna with Healthy<br>Garlic Bread or<br>Steak Burger<br>Peas, Gravy<br>Mashed Potatoes or<br>Cheesy Baked Potato<br><br>Jelly & Fruit | Chicken Goujons<br>Homemade Pizza<br>Selection of Salads or<br>Baked Beans, Chips or<br>Baked Potato<br>Ice-cream Wafer, Fruit | Gammon & Parsley Sauce<br>Cauliflower Cheese or<br>Carrots, Pasta or<br>Mashed Potatoes<br><br>Grapes, Yogurt             |
| <b>Week Five</b>              | Homemade Pizza or<br>Savoury Mince<br>Baked Beans or Peas<br>Baked or Mashed<br>Potatoes<br><br>Melon, Yogurt       | Oven Baked Sausages or<br>Chicken Pasta Bake<br>Sweetcorn<br>Chips or Pasta<br><br>Frozen Yogurt, Fruit                             | Roast Chicken<br>Stuffing, Gravy<br>Carrots & Parsnips<br>Oven Roast & Mashed<br>Potatoes<br><br>Flake meal Biscuit, Fruit               | Cottage Pie or<br>Steak Burger<br>Carrots, Gravy<br>Mashed Potatoes<br><br>Grapes, Yogurt                                      | Fresh Fish Goujons or<br>Grilled Bacon<br>Turnip, Gravy<br>Pasta or<br>Mashed Potatoes<br><br>Jelly & Fruit               |

# school food

[www.schoolfoodni.com](http://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**

