

St. Canice Primary School and Nursery Unit- Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 29 th Aug 26 th Sept 24 th Oct 21 st Nov 19 th Dec 16 th Jan	Spaghetti Bolognaise or Margherita Pizza Crusty bread Sweetcorn Salsa/Potato Salad Herb Dice Potatoes Raspberry Ripple Ice Cream & Watermelon Chunks	Chicken Goujons or Chicken Stir Fry Sweetcorn & Red Pepper Homemade Chilli Diced Potatoes Frozen Smoothies & Fresh Fruit	Breast of Chicken Curry with Boiled Rice & Naan Bread or BBQ Chicken Panini Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard	Roast Loin of Pork or Salmon Tails Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Oven Dry Roast & Mashed Potato Popcorn Cookies with Pear Slices & Black Grapes	Fish Fingers or Burger in a Bap Tossed Salad Baked Beans Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts
WEEK 2 5 th Sept 3 rd Oct 31 st Oct 28 th Nov 26 th Dec 23 rd Jan	Oven Baked Sausages or Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches	Breaded Fish Fillets or Lasagne & Crusty bread Sweetcorn & Peas/ Asian Slaw Mashed Potato Pineapple Chunks Frozen Yoghurt	Chicken Tikka with Boiled Rice & Naan Bread, Garden Peas or Chicken & Cheese Panini Herb Dice Garden Peas Baked Potato Tossed Salad Apple Sponge & Custard	Roast Breast of Chicken or Salmon Tails Traditional Stuffing/Gravy Savoy cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Raspberry Milkshake	Steak Burger & Bap or French Bread Pizza Chipped/Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks
WEEK 3 12 th Sept 10 th Oct 7 th Nov 5 th Dec 2 nd Jan 30 th Jan	Breaded Chicken Goujons or Spicy Chicken in a Warm Tortilla Wrap Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce	Fish Fingers or Irish Stew & Wheaten Bread Baked Beans/Sweetcorn Mashed Potato Tossed Salad Sponge filled with Yoghurt & Fruit	Breast of Chicken Curry & Rice, Naan Bread Garden Peas or Beef Burger & Gravy Potatoes Salad Selection Frozen Yoghurt & Fresh Fruit Selection	Roast Gammon or Salmon Tails Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Rice Pudding and Melody of Fruit	Steak Burger with Bap or Vegetable Pasta Bake Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks
WEEK 4 19 th Sept 17 th Oct 14 th Nov 12 th Dec 9 th Jan 6 th Feb	Spaghetti Bolognaise with Crusty Bread or Tuna or Chicken & Sweetcorn Wrap Tossed Salad Honey Dew Melon Wedges and Ginger Cookie	BUFFET: Selection of Sandwiches (Chicken/Cheese/Tuna) Fish Bite Pizza Fingers Cocktail Sausages Carrot Sticks Fruit Muffin & Milkshake	Breast of Chicken Curry with Boiled Rice & Naan Bread or Beef Burger & Gravy Garden Peas Mashed Potato Fruit Crumble & Custard	Roast Beef or Salmon Tails Traditional Stuffing/Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Banana chunk	Breaded Chicken Bites or Chicken and Cheese Panini Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw Jelly, Ice Cream & Fresh Fruit

Breads
Milk, Water
A Choice of Fresh Fruit & Yoghurt
Available Daily

If you require any additional information on Allergens or Special Diets, please contact the School to complete a Special Diets Application Form

Potatoes/Gravy/
Pasta
Available Daily

Menu choices subject to deliveries

