

St Canice PS

Winter Menu 2020/2021

School food

Try Something New Today

www.schoolfoodni.com

Bread, salad, fruit, yoghurt, milk and water

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5th October 2nd November 30th November 28th December 25th January	Oven Baked Sausages Irish Stew Baked Beans Mixed Vegetables Mashed Potatoes Decorated Sponge & Custard Fresh Fruit / Yoghurt	Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Parsley Sauce Flakemeal Biscuits & Custard Fresh Fruit / Yoghurt	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Fresh Fruit & Yoghurt Artic Roll (H)	Spaghetti Bolognaisse Savoury Pizza Broccoli & Carrots Diced Potatoes Mashed Potatoes Fruit Muffin & Custard Fresh Fruit & Yoghurt	H/M Chicken Goujons Tuna Wraps Peas / Sweetcorn Gravy Mashed Potatoes Chips Semolina / Fruit Crackers & Cheese (RMF)
Week Two 12th October 9th November 7th December 4th January	Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli Mashed Potatoes Rice Pudding & Fruit Cheese & Biscuits (RMF)	Chicken Curry & Rice Cottage Pie Mixed Vegetables Mashed Potatoes Chocolate or Strawberry Frozen Yoghurt Fresh Fruit/Yoghurt	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Baton Carrots/Cabbage Wholemeal Biscuits & Custard Fresh Fruit & Yoghurt	Oven Baked Fish Cheese Paninis Peas / White Sauce Diced Potatoes Mashed Potatoes Fruit Muffin & Custard Yoghurt & Fresh Fruit	Home Made Beef Burger & Bap Macaroni Cheese Sweetcorn / Coleslaw Chips / Mashed Potatoes Sponge Cake & Custard Fresh Fruit & Yoghurt
Week Three 19th October 16th November 14th December 11-Jan	Spaghetti Bolognaisse Oven Baked Chicken Nuggets Carrots / Peas Mashed Potatoes Gravy Apple Crumble & Custard Yoghurt & Fresh Fruit	Homemade Chicken & Vegetable Soup Beefburger & Bap Ketchup / Relish Boiled Potatoes Fresh Fruit / Yoghurt Homemade Rice Pudding	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Fruit Sponge & Custard Yoghurt/Fruit (RMF) (H)	Chicken Curry & Rice Oven Baked Fish Parsley Sauce Sweetcorn / Peas Mashed Potatoes Fruit / Yoghurt Cheese & Biscuits	Hot Dogs Lasagne Baked Beans / Carrots Chips Mashed Potatoes Wholemeal Biscuits Custard Fruit / Yoghurt
Week Four 26th October 23rd November 21st December 18th January	Oven Baked Fish Parsley Sauce Cheese Pizza Peas Mashed & Baked Potatoes Fruit Sponge & Custard Fresh Fruit / Yoghurt	Oven Baked Sausages Macaroni Cheese Baked Beans Sweetcorn Chips Mashed Potato Flakemeal Biscuits & Custard Fresh Fruit / Yoghurt	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Peas / Carrots Apple Crumble & Custard Fresh Fruit & Yoghurt	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice Potatoes Mashed Potatoes Fruit Muffins & Custard Fresh Fruit & Yoghurt	HomeMade Chicken Goujons Cottage Pie Broccoli / Carrots Mashed Potatoes Homemade Rice Pudding Frozen Yoghurt / Fruit

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