

PRIMARY MENU 2019 St Francis

	Monday	Tuesday	Wednesday	Thursday	Friday
April 29th MENU 1	Chicken Curry with Brown Rice and Naan Bread Steakburger in bap Gravy, Peas, Mashed Potato Selection of Breads Sponge Cake & Custard or Fruit, Yoghurt	Oven Baked Homemade Chicken Goujons+Dips or Chicken Sweet & Sour & Brown Rice, Sweetcorn Selection of Salads Mashed Potato, Chips Selection of Bread Frozen Mousse & Wafers Fruit Or Yoghurt	Roast Turkey, Stuffing and Gravy Carrots, Broccoli Dry Roast and Mashed Potatoes, Crusty Bread Chocolate Sponge & Custard, Fruit or Yoghurt	SCHOOL CLOSED ELECTION	Oven Baked Sausages or Salmon or Tuna Wrap Baked Beans, Sweetcorn Selection of Salads Chips, Mashed Potato Selection of Breads Ice Cream & Fruit Chocolate Sauce, Yoghurt
week 1					
6th MAY	BANK HOLIDAY	Chicken Nuggets or Chicken Curry & Brown Rice, Sweet corn Selection of Salads Mashed Potato, Chips Selection of Breads	Cod Fish Fingers Savoury Mince Baked Beans Pasta, Mixed Vegetables Mashed Potato Selection of Breads	Roast Chicken with Stuffing and Gravy Cauliflower Cheese Diced carrots Dry Roast and Mashed Potatoes Selection of Breads Chocolate Cake & Custard Fruit & Yoghurt	Pasta Bolognese & Healthy Garlic Bread or Homemade Marguerita Pizza, Salad, Peas, Pasta Mash potatoes, CHIPS Frozen Mousse Wafers, Fruit & Yoghurt
week 2					
13th	Savoury Mince or Home made Pizza Salad, Colelaw, Broccoli, Pasta, Mashed Potato Selection of Breads	Chicken Curry with Rice and Naan Bread or Steakburger in bap Peas Gravy Mashed Potatoes, Chips Selection of Breads	Fish Fingers or Pasta Bolognese Crusty Bread Peas, Sweetcorn, Pasta Mashed Potato Selection of Breads	Roast Turkey with Stuffing and Gravy or Gannon Carrot & Parsnip Dry Roast & Mashed Potatoes, Breads	Hotdog or Chicken or Tuna Wraps Baked Beans Selection of Salads Chips, Mashed Potato Selection of Breads Frozen Strawberry Mousse & Wafers Fruit & Chocolate Sauce
week 3					
	Chocolate Sponge & Custard or Fruit, Yoghurt	Ice Cream & Strawberry Jelly, Wafers or Yoghurt	Rice Pudding & Fruit or Yoghurt or Fruit Pops	Coolie & Fruit, Custard or Fruit & Yoghurt	
20th	Chicken Curry with Brown Rice Savoury Mince, Naan Bread, Crusty Bread Peas, Mashed Potatoes Swiss Roll & Custard or Fruit, Yoghurt	Homemade Marguerita Pizza Steak burger in a Bap with Onions or Salad Sweet corn, Breads Chips, Mash Potatoes Cookie & Fruit Rice Pudding, Fruit Yoghurt	Roast Chicken with Stuffing and Gravy, Turnip Cauliflower Cheese Dry Roast and Mashed Potatoes Selection of Breads Chocolate Cake & Custard, Fruit or Yoghurt	Spaghetti Bolognese or Cod Fish Fingers Sweetcorn, Pasta Selection of Salads Mashed Potato Selection of Breads Jelly & Ice Cream or Fruit & Yoghurt	Chicken Nuggets or Chicken Sweet & Sour Brown Rice, Baked Beans Sweetcorn, Chips Mashed Potato Selection of Breads Frozen Chocolate Mousse & Wafers Fruit & Yoghurt
week 4					

School food

Try something new today
www.schoolfood.ie

**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.

