

SCHOOL ST. MARY'S POMEROY

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 25/9/17	Savoury Mince or Peppered Chicken Pasta Peas Gravy Mashed Potato Rice Krispie Square & Cornflour	Irish Stew or Oven Baked Sausage Sweetcorn Beans Mashed Potato Apple Crumble & Custard	Roast Chicken Stuffing Or Fish Fingers Carrot Broccoli Mashed or Roast Potato Gravy Flakemeal Biscult & Custard	Sweet & Sour Chicken & Rice or Chicken Crumble Mixed Vegetables Mashed Potato Gravy Chocolate Cookie & Custard	Steakbuger or Chicken Chilli Wrap Salad Peas Mashed Potato or Chips Gravy Frozen Mousse
Week Two 2/10/17	Spaghetti Bolognaise or BBQ Chicken Mixed Vegetable Mashed Potatoes Gravy Chocolate Sponge & Cornflour	Chicken & Pasta Bake Chicken Curry & Rice Peas Sweetcorn Mashed Potato Gravy Ice Cream & Jelly & Fruit	Baked Gammon or Salmon Fishcake Broccoli Sweetcorn Mashed Potato Gravy Vanilla Cookie & Custard	Roast Pork Stuffing Carrot Cabbage Mashed Potato or Oven Gravy Jam & Coconut Sponge & Custard	Chicken Tikka Wrap Or Fish Fingers Salad Beans Baby Boil Potatoes Or Chips Gravy Ice Cream Tub
Week Three 9/10/17	Sweet & Sour Chicken & Rice or Steakburger Sweetcorn Peas Mashed Potatoes Gravy Cornflake Crunch & Custard	Homemade Pizza or Fish Bites Salad Beans Mashed Potato or Chips Gravy Artic Roll & Jelly	BBQ Chicken Wrap Or Lasagne Mixed Vegetables Mashed Potato Gravy Marble Sponge & Custard	Braised Steak or Chicken Drumsticks Stuffing Carrot Broccoli Gravy Mashed or Roast Potatoes Shortbread Biscult & Custard	Homemade Veg Soup Hot Dog Selection of Bread Or Tuna Roll Frozen Mousse
Week Four 16/10/17	Pasta Bolognaise or Chicken & Pasta Bake Carrot Peas Mashed Potato Gravy Carrot Cake & Custard	Chicken Crumble or Grilled or Stuffed Bacon Beans Sweetcorn Mashed Potato Gravy Chocolate Cracknel & Cornflour	Breaded Fish or Savoury Mince Mixed Vegetables Mashed Potato Gravy Semolina & Fruit	Roast Turkey or Gammon Stuffing Carrot Broccoli Mashed or Roast Potato Gravy Chocolate Cookie & Custard	Sweet Chilli Chicken Wrap or Fish Fingers Salad Sweetcorn Baby Boil Potatoes or Chips Ice Cream Tub

school food

Try Something New today

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

