

ST MARYS PS CLOUGHCOR – AUTUMN MENU 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u> 1st September 27th September 25th October	Oven Baked Sausages Irish Stew Baked Beans/Carrots Salad Dice/Mashed Potatoes Decorated Sponge Custard / Fruit	Chicken Curry & Rice Salmon Fish Cakes Burgers Peas / Salad Mashed Potatoes Flakemeal Biscuits/ Fruit Custard (RMF)	Baked Gammon Stuffing/Gravy Dry Oven Roast Creamed Potatoes Cabbage/Carrots/Salad Fruit Salad Artic Roll (H)	Spaghetti Bolognaise Pizza Salad Broccoli/Carrots Mashed Potatoes Muffin / Fruit Custard (H)	Chicken Goujons Oven Baked Fish Chips/Mashed Potatoes Pasta Salad Peas/Carrots Ice Cream/Fruit Cheese Crackers (RMF)
<u>Week 2</u> 6th September 4th October	Oven baked Sausages Cheese & Tomato Pizza Baked Beans/Broccoli Dice/Baby Boiled Potatoes Iced Sponge / Custard Fruit / Cheese & Crackers (RMF)	Beef Burger in bap Chicken Curry & Rice Stuffed Bacon Rolls Mixed Veg / Salad Mashed Potatoes Decorated Mousse Fruit / Ice Cream (H)	Roast Meat Dinner Stuffing/Gravy Paninis/Creamed Potatoes Carrots/Cabbage Wholemeal Biscuits Fruit/Custard (H)	Spaghetti Bolognaise Hot Dogs Baton Carrots Salad Mashed Potatoes Muffin/Fruit Custard	Oven Baked Fish Chicken Goujons Carrots/Sweetcorn Salad Chips/Mashed Potatoes Ice Cream/Fruit Jelly Custard (RMF)
<u>Week 3</u> 13th September 11th October	Spaghetti Bolognaise Oven Baked Sausages Baked Beans Potatoes Cookies / Fruit Custard	Fish Fingers Beef Burgers Gravy/ Peas / Sweetcorn Dice/Mashed Potatoes Salad Rice Krispie Square Custard	Roast Chicken/Turkey Stuffing/Gravy Paninis/Creamed Potatoes Carrots/Cabbage Sponge Cake Fruit/Custard (H)	Lasagne Hot Dog Garlic/Mashed Potatoes Shortcake Biscuit Custard	Chicken Goujons Oven Baked Fish Sweetcorn/Peas Mashed Potatoes Chips Salad Ice Lolly
<u>Week 4</u> 28th September 18th October	Chicken Drumsticks Savoury Pizza Mixed Veg / Salad Mashed / Baked Potatoes Iced Sponge Cake / Custard (RMF)	Beef Burger Chicken Curry & Rice Mixed Veg Oven Diced/Mashed Potatoes Sponge Cake Fruit/Custard (H)	Roast Meat Dinner Stuffing/Gravy Paninis/Creamed Potatoes Carrots/Cabbage Wholemeal Biscuits Fruit/Custard (H)	Oven Baked Sausages Pasta Bake Beans/Sweetcorn/Peas Salad Mashed Potatoes Flakemeal Biscuits/ Fruit Custard (RMF)	Chicken Nuggets Oven Baked Fish Chips/Mashed Potatoes Pasta Salad Peas/Carrots Ice Cream/Fruit Cheese & Crackers

RMF – Red Meat Free / H – Healthy

Fresh Fruit / Yoghurts / Bread / Water are provided daily