

**ST MARYS PS CLOUGHCOR – AUTUMN MENU 2021**

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

RMF – Red Meat Free / H – Healthy

Fresh Fruit / Yogurts / Bread / Water are provided daily