

# OUR LADY & ST PATRICK'S PRIMARY SCHOOL

|                   | Monday                              | Tuesday                           | Wednesday               | Thursday                            | Friday                                       |
|-------------------|-------------------------------------|-----------------------------------|-------------------------|-------------------------------------|--|
| <b>Week One</b>   |                                     |                                   |                         |                                     |  |
| 06:01:20          | Sausages                            | Pasta Bolognese                   | Roast Chicken, Gravy    | Chicken Curry, Rice &               | Lasagna or Fish Fingers                      |
| 03:02:20          | Beans/sweetcorn                     | Crusty Bread or                   | Stuffing                | Naan Bread or                       | Salad/Coleslaw                               |
| 02:03:20          | Mashed Potatoes                     | Drumstick mashed                  | Turnip                  | Savoury Mince                       | Chips/Baked Potatoes                         |
| 30:03:20          |                                     | potato peas                       | Roast/Mashed Potatoes   | Carrots                             |  |
| 04:05:20          |                                     |                                   |                         | Mashed Potatoes                     |  |
| 01:06:20          | Selection of<br>Yoghurt/Fresh Fruit | Chocolate Cake &<br>Custard       | Ice Cream Jelly & Fruit | Muffin & Milkshake                  | Flake meal Biscuit,<br>Fresh Fruit & Milk    |
| <b>Week Two</b>   |                                     |                                   |                         |                                     |  |
| 13:01:20          | Beef Burger in Bun                  | Chicken Nuggets                   | Roast Turkey, Stuffing  | Chicken Curry & Rice or             | Chicken Pasta Bake or                        |
| 10:02:20          | Herb Diced/Baked                    | Broccoli                          | Gravy                   | Savoury Mince                       | Breaded Fish                                 |
| 09:03:20          | Potato                              | Mashed Potatoes                   | Carrot & Parsnip        | Mixed veg                           | Beans/Peas                                   |
| 06:04:20          | Sweetcorn                           |                                   | Roast/Mashed Potatoes   | Mashed Potatoes                     | Chips/Baked Potatoes                         |
| 11:05:20          | Fruit Smoothie & Fruit              | Shortbread, Fresh Fruit &<br>Milk | Fruit Muffin/Milkshake  | Jam and Coconut<br>Sponge & Custard | Fruit/Yoghurt                                |
| 08:06:20          |                                     |                                   |                         |                                     |  |
| <b>Week Three</b> |                                     |                                   |                         |                                     |  |
| 20:01:20          | Irish Stew or                       | Chicken Nuggets                   | Roast Gammon, Gravy     | Chicken Curry, Rice &               | Salmon or Pizza                              |
| 17:02:20          | Chicken Drumsticks                  | Beans/Broccoli                    | Cabbage                 | Naan Bread or                       | Sweetcorn                                    |
| 16:03:20          | Creamed Potatoes &                  | Mashed Potatoes or                | Roast/Mashed Potatoes   | Cottage Pie                         | Chips/Baked Potato                           |
| 20:04:20          | Mixed Veg                           | Filled Baked Potato               |                         | Carrots                             |  |
| 18:05:20          |                                     | Salad                             |                         | Crusty Bread                        |  |
| 15:06:20          | Fruit Sponge & Custard              | Yoghurt & Fresh Fruit             | Swiss Roll<br>Fruit     | Ice Cream & Chocolate<br>Sauce      | Flakemeal Biscuit with<br>Fresh Fruit & Milk |
| <b>Week Four</b>  |                                     |                                   |                         |                                     |  |
| 27:01:20          | Hot Dog                             | Italian Pasta Bake or             | Roast Turkey, Stuffing  | Chicken Curry & Rice or             | Pizza or Fish Fingers                        |
| 24:02:20          | Carrot Batons                       | Chicken Nuggets                   | Gravy                   | Savoury Mince                       | Beans/Vegetables                             |
| 23:03:20          | Diced/Baked Potatoes                | Crusty Bread                      | Peas & Carrots          | Vegetables                          | Chips/Baked Potatoes                         |
| 27:04:20          |                                     | Mashed Potatoes                   | Mashed Potatoes         | Mashed Potatoes                     |  |
| 25:05:20          | Frozen Mouse & Fruit                | Sponge & Custard                  | Banoffee Pots           | Jelly & Fruit                       | Fruit Muffin/Fruit                           |
| 22:06:20          |                                     |                                   |                         |                                     |  |

Sandwiches available to order daily

# school food

Try Something New Today

[www.schoolfoodni.com](http://www.schoolfoodni.com)

Bread, Fresh Fruit, Yoghurt, Milk  
and Water are available daily

If you require any additional  
information on allergies or special  
needs, please contact the school in  
the first instance

