

St. Jarlath's PS

	Week 05/09/2016	Week 12/09/2016	Week 19/09/16	Week 26/09/16
Monday	Lasagne	Shepherd Pie	Chicken Chilli Wrap	Chicken Crumble
	Home Made Pizza Carrots /Peas	Home Made Pizza Carrots / Peas /	HomeMade Pizza Carrot / Peas	Steak Burger Turnip/ peas
	Mash and Pasta	Baby Boiled and Mash Potatoes	Pasta and Mash and Baby Boiled Potato	Baby Boiled and Mash
	Muffin	Shortbread	Chocolate muffin cake	Icecream Tub
Tuesday	Savoury Mince	Chicken Crumble	Chicken Panini	HomeMade Pizza
	Oven Baked Sausages		Fish Fingers	
	Beans / Turnip	Spicy Chicken Drumsticks	Broccoli / Sweetcorn	Chicken Stir Fry
	Baked potato / Pasta	Sweetcorn /Broccoli	Gravy / Mash & Baby Boiled	Broccoli / Sweetcorn
	Mashed Potato/Gravy	Pasta / Mash Potato		Mash Potato and Pasta
	Jelly and Ice Cream / Fruit		Jelly and Ice Cream and Fruit	Chocolate Sponge and Fruit
		Frozen Mousse		
Wednesday	Chicken Panini	Spaghetti Bolognese / Brown Mince		
	Fish Fingers	Salmon Fishcake	Chicken Goujons HM/OC	Bacon Rolls
	Carrots / Broccoli	Carrots / Beans / Peas	Lasagne	Spaghetti Bolognese / Brown Mince
	Baby Boiled and Mash Potato	Mash and Baby Boiled Potato	Baked Beans / Carrots /	Carrots / Cabbage
			Baked Potato / Mash Potato/ Pasta	Mash
				Jelly Whip and Cream / Fruit
	Frozen Mousse	Icecream Wafer	Chocolate Brownie	
Thursday	Roast Chicken Stuffing		Baked Gammon	
	Sweetcorn / Sprouts	Roast Chicken & Stuffing		Roast Chicken & Stuffing
	Oven Roast and Mash Potato		Savoury Chicken & Rice	
	\	Sweetcorn / Sprouts / Gravy		Sweetcorn / Sprouts
		Oven Roast and Mash Potato	Sweetcorn / Sprouts/ Stuffing	Gravy / Rice
	Rice Krispie and Fruit	Muffin and Fruit	Gravy / Oven Roast and Mash Potatoes	Oven Roast and Mash Potato
			Rice Krispie and Fruit	Muffin and Fruit
Friday	Chicken Curry and Rice			
	Fish in Breadcrumbs	Chicken Curry & Rice	Fish in Breadcrumbs	Peppered Chicken
	Carrots / Peas / Salad	Oven Baked Sausages	Hot Dog	Chicken Nuggets
	Chips / Mash / Potato	Carrots / Peas / Salad Bar	Carrots / Salad	Carrots / Broccoli / Baked Beans
		Chips and Mash Potato	Chips and Mash Potato	Chips and Mash
	Shortbread and Milkshake	Chocolate Cookie and Fruit	Shortbread and Milkshake	Frozen Mousse