

## St. Mary's School - Carland..... Dinner Menu – January 2018

	<i>Mon. 8<sup>th</sup> Jan'18</i>	<i>Mon. 15<sup>th</sup> Jan'18</i>	<i>Mon. 22<sup>nd</sup> Jan'18</i>	<i>Mon 29<sup>th</sup> Jan '18</i>
<b>Monday</b>	Spaghetti Bolognese or Stuffed bacon roll Cabbage, mashed potato/gravy Ice cream / toffee sauce & fruit	Beef burger & onions or Chicken Crumble Broccoli, Chips or Mash potato  Strawberry mouse & fruit	Shepherd's Pie or Ham & cheese pizza Sweetcorn Chips or mashed potato  Ice cream & Strawberry sauce	Spaghetti Bolognese or Fish Fingers Peas, mashed potato  Chocolate & Orange Gateau/custard
<b>Tuesday</b>	Chicken tortilla wrap or fish fingers Peas/baked beans Chips or mash potato Strawberry Ice cream & Fresh fruit salad	Chilli Con-carne & rice stuffed Bacon roll peas, mashed potato  Jam & coconut sponge/custard	Irish Stew or Steak burger Baked beans/peas or coleslaw mashed potato  Chocolate & pear cake/cornflour	Sweet & Sour Chicken & rice or Cheese & Tomato pizza, Sweetcorn or coleslaw Chips or mashed potato  Rice pudding & Fruit
<b>Wednesday</b>	Chicken Curry/Rice or Steak burger Gravy, Sweetcorn Mashed potato  Chocolate sponge/custard	Oven baked chicken nuggets or Chicken salad wrap Peas/Baked beans or coleslaw, Mashed potato	Chicken Curry & Rice or Fish Fingers Broccoli, mashed potato Rice Krispie Bar/custard	Stuffed or plain sausage or Chicken pasta bake Broccoli or side salad mashed potato Jelly whip cream & fruit
<b>Thursday</b>	Roast Pork Stuffing/gravy Peas and carrots Dry oven roast & mashed potato Cornflake crunch /custard	Roast Chicken Stuffing/gravy Carrots & parsnips Dry oven roast & mashed potato Wholemeal apple crumble Shortbread /custard	Roast Gammon, Pineapple, Stuffing & Gravy Carrots mashed potato  Strawberry jelly /fruit /ice cream	Roast Chicken Stuffing/gravy Cabbage or peas Dry oven roast & mashed potato Syrup sponge & custard
<b>Friday</b>	Chicken or Leek & Potato soup Crusty bread Hot dog onions Salad roll  Flakemeal biscuit & Fruit	Fresh fish in breadcrumbs or Savoury mince Coleslaw/carrots/carrots mashed potato  Ice cream Pears & choc sauce	Vegetable Soup crusty bread/mashed potato Hot dog & Onions or Salmon & Salad Roll  German biscuit & fruit	Lasagna or smoked fish Broccoli /baked beans or coleslaw Mashed potato or wedges  Ice Cream wafer and fruit

available daily - bread, milk, fresh fruit & yoghurt - menu subject to deliveries