

St. Comgall's P.S. Dinner Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2 nd – 6 th Sept 30 th Sept – 4 th Oct 4 th – 8 th Nov 2 nd – 6 th Dec	Lasagne & Salad Or Oven Baked Sausages, Carrots, Sweetcorn, Mashed or Baked Potatoes Apple Sponge Custard	Spaghetti Bolognese & Herb Bread Or Beef Stew, Sweetcorn, Mixed Vegetables & Mashed Potatoes Fruit & Yoghurt	Homemade Soup, Potato & Bread Beef Burger & Bap Or Filled Baguette & Side Salad Ice Cream & Fresh Fruit	Baked Gammon, Pineapple & Stuffing, Cabbage, Carrots, Parsley Sauce, Dry Oven Roast & Mashed Potato Or Chicken Pasta Bake Flakemeal Biscuit, Fruit & Milkshake	Chicken Curry & Rice & Naan Bread Or Cheese & Tomato Pizza, Baked Beans, Sweetcorn, Mashed Potatoes or Diced Potatoes Fresh Fruit & Yoghurt
Week Two 9 th – 13 th Sept 7 th – 11 th Oct 11 th – 15 th Nov 9 th – 13 th Dec	Chilli Chicken & Salad Wrap Or Oven Baked Sausages, Sweetcorn, Beans, Mashed Potato or Chips Frozen Yoghurt & Fresh Fruit	Cottage Pie or Savoury Mince Or Stuffed Bacon Rolls, Broccoli, Turnip, Mashed Potato or Pasta Chocolate Pear Sponge & Chocolate Sauce	Oven Baked Crumbed Fish, Peas, Sweetcorn, Mashed Potato & Parsley Sauce Or Chicken & Broccoli Bake & Side Salad Fruit & Yoghurt	Roast Chicken, Stuffing & Gravy, Carrots, Cauliflower, Dry Oven Roast & Mashed Potatoes Or Macaroni Cheese Fruit & Yoghurt	Oven Baked Crumbed Fish, Peas, Sweetcorn, Mashed Potato & Parsley Sauce Or Chicken Curry, Rice & Naan Bread Fresh Fruit & Yoghurt
Week Three 16 th – 20 th Sept 14 th – 18 th Oct 18 th – 22 nd Nov 16 th – 20 th Dec	Oven Baked Crumbed Fish & Lemon Or Chicken Wrap or Chicken Paninis, Peas, Coleslaw, Mashed Potatoes or Chips Fresh Fruit & Yoghurt	Roast Pork & Apple Sauce, Carrots, Cauliflower, Mashed & Oven Baked Roast Potatoes, Stuffing & Gravy Or Chilli Chicken Noodles Milk Pudding & Fruit	BUFFET: Selection of Sandwiches (Chicken/Cheese/Tuna) Pizza Fingers Cocktail Sausages Carrot Sticks Fruit Muffin & Milkshake	Vegetable Pasta Bolognese Or Steak Burger, Onions, Baked Beans, Broccoli, Mashed or Baked Potatoes Fruit & Yoghurt	Chicken Curry & Rice, Or Chicken or Cheese Panini, Sweetcorn, Carrots, Mashed or Diced Potatoes Ice Cream Tub & Fruit
Week Four 23 rd – 27 th Sept 21 st – 25 th Oct 25 th – 29 th Nov	Oven Baked Sausages Or Chicken Stir-Fry, Sweetcorn, Beans, Mashed Potatoes or Chips Crunchy Fruit Crumble & Custard	Roast Beef or Pork, Carrots, Green Beans, Dry Oven Roast or Mashed Potatoes, Stuffing & Gravy Or Cheese Paninis Fresh Fruit & Yoghurt	Homemade Chicken Goujons Or Bolognese Pasta, Sweetcorn, Mashed or Herb Diced Potatoes Ice-Cream & Fruit	Cottage Pie or Savoury Mince Or Salmon Cake & Lemon, Carrots, Peas, Mashed or Baked Potato Biscuit, Fruit & Milkshake	Chicken Curry & Rice Or Cheese & Tomato Pizza, Peas, Salad & Homemade Wedges Fruit & Yoghurt

school food

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

If you require any additional
information on allergens or
special diets please contact
the school in the first instance.

