

PLEASE NOTE: DINNERS MAY CHANGE DUE TO DELIVERY ISSUES. THANKS

St. Comgall's P.S. Dinner Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2nd Nov 2020	Chicken Goujons, Sweetcorn & Chips or Cheese & Ham Toastie Bottle of Water Yoghurt & Fruit Cocktail Pot 2, 4, 7, 13 & 14	Spaghetti Bolognese Or Plain Pasta Or Cheese Bagette & Side Salad Bottle of Water, Frozen Yoghurt & Apple 2 & 7	Roast Chicken, Roast/Mash Potatoes, Carrots, Peas & Gravy Or Cheese & Ham Toastie & Side Salad Bottle of Water, Jelly & Fruit Pot & Shortbread 2, 7 & 13	Chicken & Broccoli Pasta Bake, Mash Potato, Sweetcorn & Gravy Or Irish Stew Bottle of Water, Flakemeal Biscuit & Slice of Melon 2, 7 & 13	Chicken Curry & Rice Or Plain Rice Or Fish Finger, Mash Potato, Peas & Gravy Bottle of Water, Ice Cream Tub & Mandarin Oranges 1, 2, 5, 7 & 9
Week Two 9th Nov 2020	Pork Sausages, Beans & Chips Or Warm Ham & Cheese Baguette & Side Salad Bottle of Water, Frozen Yoghurt & Pineapple Slice 2, 13, & 14	Spaghetti Bolognese Or Plain Pasta Or Savoury Mince Bottle of Water, Jelly Pot & Shortbread 2, 4, 5 & 7	Roast Pork Gammon, Mash/Roast Potato, Cabbage, Carrots & Gravy Or Warm Ham & Cheese Bagel & Side Salad Bottle of Water, Rice Pot & Fruit 2, 7 & 13	Cheese & Tomato Pizza, Mash Potato, Sweetcorn & Gravy Or Savoury Mince Bottle of Water, Toffee Yoghurt & Flakemeal Biscuit 2, 7, 13 & 14	Chicken Curry & Rice Or Plain Rice Or Fish Finger, Mash Potato, Peas & Gravy Bottle of Water, Cookie & Apple 1, 2, 4, 5, 7 & 9
Week Three 16th Nov 2020	Chicken Goujons, Sweetcorn & Chips Or Ham & Cheese Toastie Bottle of Water, Yoghurt & Fruit Cocktail Pot 2, 4, 7, 13, & 14	Spaghetti Bolognese Or Plain Pasta Or Chilli Chicken Wrap & Side Salad Bottle of Water, Muffin (Choc) & Melon Slice 2, 4, 7 & 13	Roast Beef, Roast/Mash Potato, Broccoli, Cauliflower & Gravy Or Warm Ham & Cheese Bagel Bottle of Water, Choc Brownie & Slice of Pineapple 2, 4 & 7	Cheese & Tomato Pizza, Mash Potato, Sweetcorn & Gravy Or Irish Stew Bottle of Water, Rice Pot & Mandarin Orange 2 & 7	Chicken Curry & Rice Or Plain Rice Or Fish Finger, Mash Potato, Peas & Gravy Bottle of Water, Ice Cream & Apple 1,2, 5 & 9
Week Four 23rd Nov 2020	Pork Sausages, Chips & Beans Or Cheese Toastie & Side Salad Bottle of Water, Yoghurt & Slice of Melon 2, 7, 13 & 14	Spaghetti Bolognese Or Plain Pasta Or Warm BBQ Chicken Wrap & Side Salad Bottle of Water, Date Krispie & Slice of Pineapple 2, 7 & 13	Roast Turkey, Roast/Mash Potatoes, Carrots, Peas & Gravy Or Warm Cheese Bagel & Side Salad Bottle of Water, Choc Cake & Slice of Melon 2, 4, & 7	Lasagne, Diced Herb Potatoes & Sweetcorn Or Savoury Mince Bottle of Water, Rice Pot & Fruit 2, 7 & 13	Chicken Curry & Rice Or Plain Rice Or Fish Finger, Mash Potato, Peas & Gravy Bottle of Water, Cookie & Apple 1,2, 4, 5, 7 & 9

Vegetarian Mycoprotein Meat Free Allergen Nos - 2,4,7,9,13 & 14

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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.*

