

St Comgall's Dinner Menu January

school food

try something new today

www.schoolfoodni.com

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

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

Menu may be subject to change.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 4th January	No School	No School	Roast Chicken Dinner, (Mash & Roast Potatoes, Carrots/Broccoli & Gravy) Or Warm Cheese Bagel & Salad. Bottle of Water, Fruit Muffin & Fruit	Cheese & Tomato Pizza, Chips & Beans Or Irish Stew & Mixed Veg Bottle of Water, Jelly Pot & Fruit	Chicken Curry, Rice & Naan Bread/Plain Rice Or Fish Fingers, Mash Potatoes & Peas. Bottle of water, Frozen Yoghurt & Fruit
Week Two 11th January	Oven Baked Chicken Bites, Chips & Beans Or Warm Chilli Chicken Wrap & Salad. Bottle of water, Yoghurt & Fruit Pot.	Pasta Bolognese/Plain Pasta Or Plain Cheese Toastie & Salad Bottle of Water, Flakemeal Biscuit & Fruit	Roast Gammon Dinner (Mash & Roast Potatoes, Peas/Carrots & Gravy) Or Warm Ham & Cheese Bagel & Salad. Bottle of water, Chocolate Sponge & Fruit.	Cheese & Tomato Pizza, Herb Diced Potatoes & Sweetcorn Or Chicken Pasta Bake & Mixed Veg Bottle Of Water, Creamed Rice Pot & Fruit	Chicken Curry, Rice & Naan Bread/Plain Rice Or Oven Baked Salmon Bites, Mash Potatoes & Peas. Bottle Of Water, Ice cream & Fruit
Week Three 18th January	Hot dog, Chips & Beans Or BBQ Chicken & Cheese Toastie & Salad Bottle of Water, Yoghurt & Fruit	Pasta Bolognese /Plain Pasta Or Warm VChilli Chicken Wrap & Salad Bottle of Water, Popcorn Cookie & Fruit	Roast Chicken Dinner. (Mash & Roast Potatoes, Cabbage/Carrots & Gravy) Or Warm Cheese Bagel & Salad. Bottle of Water, Fruit Sponge & Fruit.	Cheese & Tomato Pizza, Herb Diced Potatoes & Sweetcorn Or Brown Stew, Mash Potatoes & mixed veg Bottle of Water, Jelly Pot & Fruit	Chicken Curry, Rice & Naan/Plain Rice Or Fish Fingers, Mash Potatoes & Peas. Bottle of water, Frozen Yoghurt & Fruit.
Week Four 25th January	Oven Baken Chicken Goujons, Chips & Beans Or Warm Chilli Chicken Wrap & Salad. Bottle of water, Yoghurt & Fruit Pot	Pasta Bolognese/Plain Pasta Or Warm Chicken Goujon Wrap & Salad Bottle of Water, Shortbread & Fruit.	Roast Beef Dinner.(Mash & Roast Potatoes, Carrot/Broccoli & Gravy) Or Warm Ham & Cheese Bagel & Salad Chocolate & Pear Sponge & Fruit	Cheese & Tomato Pizza, Herb Diced Potatoes & Sweetcorn Or Chicken & Broccoli Bake Bottle Of Water, Chocolate Cracknel & Fruit	Chicken Curry, Rice & Naan Bread/Plain Rice. Or Oven Baked Breaded Fish, Mash Potatoes & Peas Bottle of Water, Ice cream & Fruit.