

PRIMARY SCHOOL 2022 (CHOICE MENU)

St Mary's PS Canteen Manager:
Mrs Joanne Glasgow
02879387378

school food

try something new today
www.schoolfoodni.com

**Bread, salad,
fruit, yoghurt,
milk and water
are available daily.**

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

Due to supplier issues, menus may have to change at short notice. If your child has any specific dietary concerns, please contact St Mary's Canteen Manager: Mrs Joanne Glasgow 02879387378



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One W/C 28/03/2022 02/05/2022	Pasta Bolognese Oven Baked Sausages, Diced Carrots / Gravy Crusty Bread Creamed Potatoes / Salad Fruit Sponge /Fruit/Custard (H)	Chicken Curry & Rice Naan Bread / Gravy Oven Baked Fish Creamed & Baked Potatoes White Sauce / Salad Peas / sweetcorn Fresh Fruit / Yoghurt (RMF)	Roast Beef Stuffing & Gravy Dry Oven Roast Mashed Potatoes / Salad Cabbage / Carrots Artic Roll / Fruit Salad (H)	Cheese & Tomato Pizza Chicken Pasta Bake Creamed & Baked Potatoes Mixed Veg / Broccoli Gravy / Salad Flakemeal Biscuit & Milkshake (RMF)	Beef Burger & Bap Wraps Chicken/Cheese/Ham Baked beans / Carrots Salad / gravy Chips / Mashed Potatoes Fresh Fruit / Frozen Yoghurt
Week Two W/C 07/03/2022 04/04/2022 09/05/2022	Brown stew Oven Baked Fish/Parsley Sauce Diced carrots / Gravy Mash / Baby boiled potato Salad Rice Pudding & Fruit Cheese & Crackers (H)	Chicken Curry & Rice Beef burger / Naan Bread Broccoli / Gravy / Salad Creamed & Baby Boiled Potatoes Apple Sponge & Custard Fruit	Roast Loin of Pork Stuffing & Gravy / Salad Dry Oven Roast & Creamed Potatoes Baton Carrot / Cabbage Wholemeal Biscuits Fruit / Custard (H)	Hot Dogs Tuna Pasta Bake Creamed Potatoes / Gravy Salad Fruit Cookie / Fruit Custard (RMF)	Cheese & Tomato Pizza Chicken Goujons Baked beans / Mixed Veg Chips / Mashed Potatoes Salad / Gravy Frozen Mousse / Fresh Fruit Custard (RMF)
Week Three W/C 14/03/2022 11/04/2022 16/05/2022	Oven Baked Sausages Beef Lasagne / Salad Creamed Potatoes / Salad Baked potatoes / Gravy Broccoli / Carrots Crusty Bread Fresh Fruit / Yoghurt	Salmon Fish Cakes Fish Fingers / White Sauce Chicken Curry & Rice / Salad Peas/Sweetcorn/Naan Bread Creamed Potatoes Fruit Muffin / Fruit Custard (RMF) (H)	Roast Dinner Stuffing & Gravy Dry Oven Roast Mashed Potatoes Cabbage / Carrots Date Krispie & Custard (RMF) (H)	Hot Chicken Paninis Beef Burgers Mixed Vegetables Creamed Potatoes / Gravy Salad / Gravy Ice cream & Fruit	Chicken Wraps Cheese & Tomato Pizza Baked Beans / Peas Salad / Gravy Chips / Mashed Potatoes Fruit Frozen Moose
Week Four W/C 21/03/2022 25/04/2022 23/05/2022	Oven Baked Fish Chicken Curry & Rice Naan Bread / White Sauce Salad / Mixed Veg / Gravy Creamed & Baby Potatoes Date & Oat Cookies Custard / Fruit (RMF)	Chicken Goujons Cottage Pie / Gravy Broccoli / Carrots / Salad Creamed & Baked Potatoes Chocolate Brownie	Roast Beef / Pork Stuffing & Gravy Dry Oven Roast Creamed Potatoes Turnips / Carrots / Salad Jelly / Fruit Salad / Custard (H)	Pasta Bolognese Cheese & Tomato Pizza Mixed Vegetables Green Beans Creamed Potatoes / Gravy Frozen Yoghurt / Fresh Fruit (H)	Oven baked Sausages Chicken & Cheese Paninis/Wrap Baked Beans / Sweetcorn Gravy / Salad Chips / Creamed Potatoes Fruit Muffin Fruit / Custard (RMF)

RMF = Red Meat Free
H = Healthy

W/C = Week Commencing

try something new today