

# Winter Menu October 2020

# St. Catherine's

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
2nd Nov 30th Nov	Oven roasted sausages Baked Beans/peas Mashed Potato  Frozen yoghurt	Home-made Lean Beef lasagne sweetcorn Herb diced Potatoes  Flakemeal Biscuit	Roast turkey crown roast/mashed potatoes cauliflower stuffing/roast gravy  Frozen yoghurt	Breaded oven baked fish steamed mixed vegetables Mashed Potato  Home-made fruit muffin	100% NI beef burger in a sesame roll sweetcorn Chipped potatoes  Ice cream tub
<b>Week Two</b>	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
12th Oct 9th Nov 7th Dec	Breaded oven baked fish Oven roasted dice potato potatoes/mixed vegetables  Homemade shortbread	Homemade pasta bologanise crusty roll sweetcorn/salad  Fruit Jelly	Roast NI chicken roast/mashed potatoes Carrots stuffing/roast gravy  Artic Roll	Traditional Cottage pie Mashed potatoes steamed mixed vegetables + beans  Flakemeal biscuit	NI pork sausage served in a soft finger roll topped with saute onions Chipped potatoes  Ice cream tub
<b>Week Three</b>	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
19th Oct 16th Nov 14th Dec	Savoury pizza with fresh toppings Baby baked potatoes green beans  Frozen yoghurt	Golden Fish fingers or Salmon fish cakes Baby baked potatoes broccoli + beans  Home-made fruit muffin	Roast loin of NI pork roast/mashed potatoes peas stuffing/roast gravy  Creamy rice pudding	Succulent home-made chicken goujons/garlic dip Oven roasted herb dice potatoes + peas  Fruit Jelly	100% NI beef burger in a sesame roll sweetcorn Chipped potatoes  Ice cream + Fruit
<b>Week Four</b>	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
26th Oct 23rd Nov 21st Dec	Golden Fish fingers or Oven roasted dice potato green beans baked beans  Flakemeal biscuit	Hearty home-made Irish stew made with fresh N.I. produce  Fresh fruit pot	Roast NI chicken roast/mashed potatoes Carrots stuffing/roast gravy  Artic Roll	Homemade chicken bake smothered in creamy mash Carrots  Homemade shortbread	NI pork sausage served in a soft finger roll topped with saute onions Chipped potatoes  Ice cream tub

**Packed Lunch:** 1. Freshly cut sandwiches/baguette/flour tortilla

2. Whole milk or spring water

3. Salad tub or vegetable sticks

4. Vanilla rice pot/jelly pot/whole fresh fruit/homemade biscuit or chose from desserts above

(packed lunch includes one item from each group)

*try something new to.*

# school food

try something new today

[www.schoolfoodni.com](http://www.schoolfoodni.com)

**Fresh bread, cheese & crackers, seasonal salads, fresh fruit, chilled yoghurt, water & milk available daily**

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



day