

RICHMOUNT PS OCTOBER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 30 th SEP	Mince mashed potato/pasta and carrots bread OR Fish Fingers Jelly/Fruit	Home Made Pizza Potatoes/Pasta and Sweetcorn /Beans OR Chicken Pasta bake and Pasta Shortbread/fruit	Homemade Vegetable Soup or Chicken Soup with Hot Dog /Cheese Roll Muffin	Chicken Nuggets mashed potato/Pasta and Sweetcorn OR Bacon and Stuffing Cookie/Youghurt	Chicken Curry Rice/ Chips OR Steak Burger Chips and Beans/ Sweetcorn Ice cream
Week Two 7 th OCT	Bacon and Stuffing Or Chicken and Cheese wrap mashed potatoes and sweetcorn/peas Cookies	Chicken curry and Rice OR Sausage Mashed Potatoes and Sweetcorn or beans	Braised Steak gravy/peppered sauce Or Fish Fingers mashed potatoe carrots Muffin	Chicken and Stuffing mashed and Roast Potatoes Carrots and Gravy Ice Lolly	French style Pizza Chips and Beans/ Sweetcorn OR Lasagne Jelly
Week Three 14 th OCT	Bolognaise and Pasta OR Fish Fingers mashed potatoes and sweetcorn Muffin	Beef Stew Mashed Potato and carrots OR Chicken Curry and Rice Brownies	Steak Burger n Bap Chips and peas or Beans OR Chicken Nuggets Shortbread	Chicken Pasta Bake mashed potatoes Peas/Beans OR Homemade Pizza	Homemade Vegetable Soup or Chicken Soup with Hot Dog /Cheese Roll
Week Four 21 st OCT	Chicken and Cheese wrap OR Bacon and Stuffing mashed potatoes and mixed veg Shortbread	Sausage mashed potatoes and beans or sweetcorn OR Chicken pasta bake Jelly	Sweet and Sour or Chicken Curry with Rice OR Fish Fingers/Salmon Fish Cake Mashed Jelly	Roast Beef Roast and Mashed Potatoes Carrots/Broccoli Stuffing & Gravy. Sponge cake	Chicken Nuggets Chips and Beans OR Homemade Pizza Ice Cream

Subject to change

school food

Try Something New today

www.schoolfoodni.com

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

