

MNSP Primary Schools Lunch Menu – Sept '18

GF = GLUTEN FREE VF = VEGAN FRIENDLY

CL

WEEK:- 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO TUNA MAYO	CHICKEN & VEGETABLE PIE	GAMMON GF	BEEF BOLOGNAISE GF	FISH FINGERS
<i>MEATFREE ZONE</i> <i>Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	VEGAN QUORN & VEG PIE VF	ROASTED MEDITERRANEAN PUFF VF	VEGGIE BOLOGNAISE	VEGETABLE KEBABS
<i>AND SERVED WITH:-</i> <i>All potatoes & veg are</i> <i>GF/VF</i>	SWEETCORN BAKED BEANS	MASHED POTATO SLICED GREEN BEANS MASHED SWEDE	ROAST POTATOES SAVOY CABBAGE BATON CARROTS	PASTA GARLIC BREAD BROCCOLI	HERBY DICED POTATOES GARDEN PEAS BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	FRUITY FLAPJACK VF	CHOCOLATE & BEETROOT SPONGE CHOCOLATE SAUCE	APPLE OATY CRUMBLE CUSTARD SAUCE	ICE CREAM GF
AVAILABLE DAILY	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS
WEEK 1 (SEE DATES BELOW)					
03/09/18	01/10/18	05/11/18	03/12/18		

ALL DISHES SUBJECT TO AVAILABILITY OF INGREDIENTS. ALL DISHES ARE ALLERGEN NOTED.

STOCKS & FATS USED ARE VEGETABLE BASED. GRAVY IS VEGETARIAN/VEGAN FRIENDLY. CHEESE USED IN VEGAN DISHES IS 100% VEGAN. MILK IS SEMI SKIMMED.

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WEEK:- 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO BEEF BOLOGNAISE GF	CHICKEN KORMA GF	ROAST TURKEY GF	MACARONI CHEESE	BREADED CHICKEN FILLETS
<i>MEATFREE ZONE Veggie & Vegan Friendly</i>	JACKET POTATO VEGGIE BOLOGNAISE	PUMPKIN & APPLE CURRY	ROASTED VEGETABLE GRATIN	TOMATO & BASIL BAKE VF	CHICKPEA & VEG FALAFEL PATTIES
<i>AND SERVED WITH:- All potatoes & veg are GF/VF</i>	DICED MIXED VEGETABLES	RICE NAAN BREAD COUNTRY MIX VEG	ROAST POTATOES SAVOY CABBAGE BATON CARROTS	GARLIC BREAD SWEETCORN GARDEN PEAS	JACKET WEDGES COLESLAW BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CARROT & SULTANA CAKE	JAM SPONGE CUSTARD SAUCE	CHOCOLATE KRISPIE CAKE	ARTIC ROLL
AVAILABLE DAILY	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS
WEEK 2(SEE DATES BELOW)					
10/09/18	08/10/18	12/11/18	10/12/18		

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WEEK:- 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO CHICKEN MAYO GF	MINCED BEEF PASTA BAKE	ROAST CHICKEN BREAST GF	SAUSAGES & GRAVY GF	COD IN BATTER
<i>MEATFREE ZONE</i> <i>Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	RATATOUILLE PASTA BAKE VF	ROASTED VEGETABLE PUFF VF	VEGGIE SAUSAGE & GRAVY VF	VEGETABLE RISOTTO
<i>AND SERVED WITH:-</i> <i>All potatoes & veg are GF/VF</i>	SWEETCORN BAKED BEANS	GARLIC BREAD SLICED GREEN BEANS COLESLAW GF	ROAST POTATOES SAVOY CABBAGE BATON CARROTS	MASHED POTATO BROCCOLI BAKED BEANS	HERBY DICED POTATOES GARDEN PEAS BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	TREACLE TART VF CUSTARD SAUCE	CHOCOLATE & BANANA SPONGE CHOCOLATE SAUCE	FRUITY FLAPJACK VF	ICE CREAM
AVAILABLE DAILY	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS
WEEK 3 (SEE DATES BELOW)					
17/09/18	15/10/18	19/11/18	17/12/18		

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WEEK:- 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO MILD BEEF CHILLI GF	SALMON & BROCCOLI PASTA BAKE	ROAST TURKEY GF	SHEPHERDS PIE GF	PIZZA
<i>MEATFREE ZONE Veggie & Vegan Friendly</i>	JACKET POTATO MILD VEGGIE CHILLI	TOMATO & BASIL PASTA BAKE VF	VEGETABLE & POTATO BAKE	COTTAGE GARDEN PIE	PIZZA VF
<i>AND SERVED WITH:- All potatoes & veg are GF/VF</i>	DICED MIXED VEGETABLES	GARLIC BREAD SWEETCORN GARDEN PEAS	ROAST POTATOES SAVOY CABBAGE BATON CABBAGE	CAULIFLOWER SLICED GREEN BEANS	POTATO WEDGES COLESLAW BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CHOCOLATE KRISPIE CAKE	LEMON & ORANGE DRIZZLE CAKE	FRUITY JELLY	ARTIC ROLL
<i>AVAILABLE DAILY</i>	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS
WEEK 4 (SEE DATES BELOW)					
24/09/18	22/10/18	26/11/18			

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