

MNSP Primary Schools Lunch Menu – Sept '18

GF = GLUTEN FREE VF = VEGAN FRIEND

LV

WEEK:- 1 3.9.18, 1.10.18, 5.11.18, 3.12.18	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	CHIPS 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, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS

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.

MNSP Primary Schools Lunch Menu – Sept '18

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WEEK:- 2 10.9.18, 8.10.18, 12.11.18, 10.12.18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO CHEESE & BEANS GF	CHICKEN KORMA GF	ROAST TURKEY GF	MACARONI CHEESE	BREADED CHICKEN FILLETS
<i>MEATFREE ZONE</i> <i>Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	PUMPKIN & APPLE CURRY	ROASTED VEGETABLE GRATIN	TOMATO & BASIL BAKE VF	CHICKPEA & VEG FALAFEL PATTIES
<i>AND SERVED WITH:-</i> <i>All potatoes & veg are</i> <i>GF/VF</i>	DICED MIXED VEGETABLES	RICE NAAN BREAD COUNTRY MIX VEG	ROAST POTATOES SAVOY CABBAGE BATON CARROTS	GARLIC BREAD SWEETCORN GARDEN PEAS	CHIPS 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, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS

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WEEK:- 3 17.9.18, 15.10.18, 19.11.18, 17.12.18	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	CHIPS 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, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD,W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS

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WEEK:- 4 24.9.18, 22.10.18, 26.11.18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO CHEESE & BEANS	SALMON & BROCCOLI PASTA BAKE	ROAST TURKEY GF	SHEPHERDS PIE GF	PIZZA
<i>MEATFREE ZONE</i> <i>Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	TOMATO & BASIL PASTA BAKE VF	VEGETABLE & POTATO BAKE	COTTAGE GARDEN PIE	PIZZA VF
<i>AND SERVED WITH:-</i> <i>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	CHIPS COLESLAW BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CHOCOLATE KRISPIE CAKE	LEMON & ORANGE DRIZZLE CAKE	FRUITY JELLY	ARTIC ROLL
AVAILABLE DAILY	SALAD, W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, MILK, FRESH FRUIT OR YOGURTS

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