

St Colmans PS Dromore Weekly Meal Planner

	Week Commencing 2/11/2020	Week Commencing 9/11/2020	Week Commencing 16/11/2020	Week Commencing 23/11/2020
Monday		Cottage Pie	Chicken & Pasta Bake	Cottage Pie
	Chicken Goujons	Steak Burger & Bap	Spaghetti Bolognese	Chicken Goujons
	Mashed Potato/ Gravy	Home Made Wedges OC	Pasta	Pasta
	Baked Beans	Peas & Sweetcorn	Sweetcorn	Peas & Sweetcorn
	HomeMade Wheaten Bread		Crusty Bread	HomeMade Wheaten Bread
	Cornflake Crunch	Jelly	Frozen yoghurt	Chocolate muffin cake
	Tinned Fruit	Icecream Tub	Tinned Fruit	Jelly
Tuesday	Spaghetti Bolognese	Chicken Crumble	Peppered Chicken	Spaghetti Bolognese
	Oven Baked Sausages	Spaghetti Bolognese	Fish Fingers	Chilli Chicken Wrap
	Pasta		Mashed Potato	
	Sweetcorn/ Peas	Pasta	Carrots/ Peas	Pasta
	Crusty Bread	Carrots	HomeMade Wheaten Bread	Carrots/ Peas
		Bread		Crusty Bread
	Tinned Fruit	Egg Sponge	Flakemeal Biscuits & Fruit	Swiss Roll
	Flakemeal Biscuits	Melon	Melon	Fruit
Wednesday	Macaroni Cheese	Baked Sausages	Home Made Pizza	Chicken Pie
	Fish Fingers	Tuna Roll	Stuffed Bacon Rolls	Lasagne
		Mashed Potato/ Gravy		
	Mashed Potato/ Gravy	Carrots	Sweetcorn	Mashed Potato/ Gravy
	Peas/ carrots	Baked Beans	Baked Beans	Peas & Sweetcorn
	HomeMade Wheaten Bread	HomeMade Wheaten Bread	HomeMade Wheaten Bread	Crusty Bread
	Frozen Mousse	Jelly	Icecream Tub	Jelly
	Fruit	Fruit Pieces	Jelly	Icecream Tub
Thursday	Chicken Curry & Rice	Chicken Curry & Rice	Irish Stew	
	Chicken Pie		Baked Gammon	
	Mashed Potato/ Gravy	Fish Fingers	Oven Dry Roast Potato	Roast Chicken & Stuffing
	Carrots/ Peas		Peas/ carrots	Oven Dry Roast Potato
	Rice	Mashed Potato/ Gravy	Gravy	Cauliflower & Broccoli
		Sweetcorn	Cabbage	Gravy
	HomeMade Wheaten Bread	Crusty Bread	Rice Krispie Square	Chocolate Brownie
	Muffin	Shortbread		Melon
	Fruit Portion	Melon		
Friday		Roast Chicken & Stuffing	Sweet & Sour Chicken & Rice	Chinese Chicken & Rice
	Roast Turkey & Stuffing		Oven Baked Sausages	Fish Fingers
	Oven Dry Roast Potato	Mashed Potato/Gravy	Mashed Potatoes	Mashed Potato/ Gravy
			Sweetcorn	
	Peas/ carrots	Peas & Sweetcorn	Crusty Bread	Peas & Sweetcorn
	Cauliflower Cheese	HomeMade Wheaten Bread	Icecream Tub	HomeMade Wheaten Bread
	HomeMade Wheaten Bread		Fruit Pieces	Flakemeal Biscuits & Fruit
	Egg Sponge	Fruit Pieces		Tinned Fruit
	Fruit	Icecream Tub		

Fruit, Yoghurt, Bread, Milk,
Water available daily

If a child has an allergy
please contact the Principal/Unit Catering Supervisor

Menu Subject to Deliveries