

Gaelscoil Eadain Mhoir - Lunch Menu Choice Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 29 th Aug 26 th Sept 24 th Oct 21 st Nov 19 th Dec 16 th Jan	Spaghetti Bolognaise or Margherita Pizza Crusty bread Sweetcorn Salsa Potato Salad Raspberry Ripple Ice Cream & Fresh Fruit	Roast Loin of Pork or Baked Salmon Stuffing/Gravy Mixed Fresh Vegetables Oven Roast & Mashed Potato Popcorn Cookies & Milkshake	Chicken Curry & Rice Naan Bread or Fish Fingers Coleslaw Garden Peas Mashed Potato Pear Sponge with Custard	Chicken Goujons & dip or Chicken Stir Fry Sweetcorn Mashed Potatoes Frozen Smoothies & Fresh Fruit	Burger in a Bap sauté onions/ketchup or Sweet & Sour Chicken & Rice Tossed Salad Baked Beans Mashed Potato Selection of Yoghurt & Fresh fruit
WEEK 2 5 th Sept 3 rd Oct 31 st Oct 28 th Nov 26 th Dec 23 rd Jan	Oven Baked Sausages or Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Mandarin oranges	Breaded Fish Fillets or Beef Lasagne & Crusty bread Peas / Coleslaw Mashed Potato Frozen Yoghurt & Fresh Fruit Salad	Chicken Tikka with Boiled Rice Naan Bread or Cheese & Tomato Pizza Garden Peas Mashed Potato Tossed Salad Apple Sponge & Custard	Roast Chicken or Baked Salmon Stuffing / Gravy Mixed Fresh Vegetables Oven Roast & Mashed Potato Cookies & Milkshake	Steak Burger & Bap or Chicken Panini Mashed Potato Tossed Salad Flakemeal Biscuit & Fresh Fruit
WEEK 3 12 th Sept 10 th Oct 7 th Nov 5 th Dec 2 nd Jan 30 th Jan	Chicken Curry & Rice, Naan Bread or Oven Braised Burger in Onion Gravy Garden Peas Mashed Potato Frozen Yoghurt & Fresh Fruit Selection	Fish Fingers or Irish Stew & Wheaten Bread Baked Beans Mashed Potato Tossed Salad Swiss Roll & Fruit	Breaded Chicken Goujons or Chicken Arriabbiata Tossed Salad Sweetcorn, Mashed Potatoes Vanilla Ice Cream, & Fruit	Roast Gammon or Baked Salmon Stuffing, Gravy Baton Carrots/Broccoli Oven Roast & Mashed Potatoes Date Squares & Fruit	Hot Dog or Vegetable Pasta Bake Coleslaw Mashed Potato Shortbread Biscuit & Fruit
WEEK 4 19 th Sept 17 th Oct 14 th Nov 12 th Dec 9 th Jan 6 th Feb	Spaghetti Bolognaise or Fish Fingers & dip Baked Beans Mashed Potato Cucumber Sticks Cookie & Fresh Fruit	BUFFET: Selection of Sandwiches (Chicken/Cheese/Tuna) Fish Bites Pizza Fingers Cocktail Sausages Carrot Sticks Fruit Muffin & Milkshake	Chicken Curry with Boiled Rice Naan Bread or Sausages Garden Peas Mashed Potato Fruit Crumble & Custard or Yoghurt	Roast Turkey or Baked Salmon Stuffing/Gravy Broccoli Fresh Carrots Oven Roast & Mashed Potato Arctic Roll and Fresh Fruit	Breaded Chicken Bites or Bacon and Cheese Panini Garden Peas/Coleslaw Mashed Potato Baby Boiled Potato Jelly, Ice Cream & Fresh Fruit

*Breads
Milk, Water
A Choice of Fresh
Fruit & Yoghurt
Available Daily*

If you require any additional information on Allergens or Special Diets, please contact the School to complete a Special Diets Application Form

subject to deliveries



Menu choices