

School Lunch Menu – Gaelscoil Eadain Mhoir

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week beginning: 03.04.23 01.05.23 29.05.23 26.06.23	Golden Crumbed Fish Fillet Or Macaroni Cheese with Garlic Bread Slice Creamed Potatoes/Baked Potatoes Baked Beans & Garden Peas Strawberry Mousse and Fruit	Homemade Beef Bolognaise or Southern Spiced Chicken Wrap Pasta Spirals/ Mash Potato Crusty Bread/Sweetcorn/Coleslaw Ice cream sponge Roll	Cheese or Pepperoni Pizza or Homemade Chicken Curry & Naan Bread Boiled Rice, Potato Wedges & Peas/Tossed Salad Fruit Sponge & Custard	Roast Gammon with Stuffing & Gravy or Cheesy Bean Loaded Jacket Potato & Pasta Salad Mash & Oven Roast Potatoes Garden Peas/Carrots & Parsnip Homemade Shortbread /Fresh Fruit Salad	Hotdog or Sweet Chilli Chicken Panini Chipped Potatoes/Baked Potatoes Coleslaw, Baked Beans Vanilla Ice-Cream & Fresh Fruit
Week 2 Week beginning: 10.04.23 08.05.23 05.06.23	Beef Burger in a bap with Cheese/Salad or Chicken & Pasta Bake Diced Potatoes/Crusty Bread Sweetcorn & Baked Beans Ice-cream tub & Fresh Fruit	Irish Stew or Ham & Cheese Panini Mashed Potatoes/Salad Homemade Brownie and Milkshake	Homemade Chicken Curry & Naan Bread or Golden Crumbed Fish Fillet Creamed Potatoes/ Rice Garden Peas Iced Sponge & Custard	Roast Turkey with Stuffing & Gravy or Salmon Cakes Mash & Oven Roast Potatoes Peas & Baton Carrots Popcorn cookie & Fresh Fruit	Oven Baked Chicken Nuggets Or Homemade Beef Lasagne Chipped/Baked Potatoes/Salad Coleslaw Frozen Yoghurt/Fresh Fruit
Week 3 Week beginning: 20.03.23 17.04.23 15.05.23 12.06.23	Oven Baked Chicken Goujons or Spiced Chicken Fajita Mash Potato/Coleslaw Baked Beans & Sweetcorn Yoghurt & Fruit	Oven Baked Pork Sausages Or Chilli Beef with Garlic Slice Boiled Rice/Mashed Potato Garden Peas & Coleslaw Zesty Iced Orange Sponge & Custard	Homemade Chicken Curry & Naan Bread Or Ham & Cheese Panini Boiled Rice/Tossed Salad/ Potato wedges/Sweetcorn Carmel Tart and Custard	Roast Gammon with Stuffing & Gravy or Sweet Chilli Chicken Loaded Jacket Potato Mash & Oven Roast Potatoes Baton Carrots & Fresh Cabbage Flakemeal Biscuit & Strawberry Milkshake	Oven Baked Fish Fingers Or Cheese or Pepperoni Pizza Chipped/Mashed Potatoes Spaghetti Hoops/Garden Peas Ice-Cream & Pears
Week 4 Week beginning: 27.03.23 24.04.23 22.05.23 19.06.23	Chicken Burger & Salad or Pasta Bolognaise in a Rich Tomato Sauce with Garlic Bread Slice Diced Potatoes/Baked Potatoes/Sweetcorn Vanilla Artic Roll & Two Fruit	Homemade Chicken Pie or Margherita Pizza slice Wedged/Mashed Potatoes Garden Peas/Coleslaw Muffin & Fruit	Beefburger & Onion Gravy or Chicken Curry & Naan Bread Mashed Potato/Boiled Rice Carrots/Sweetcorn Sticky Toffee Pudding & Custard	Roast Chicken Fillet with Stuffing & Gravy or Ham & Cheese Loaded Jacket Potato/Salad Mash & Oven Roast Potatoes Broccoli/Carrots Date Square & Fruit	Oven Baked Chicken Goujons or Oven Baked Fishcake Chipped/Baked Potato Baked Beans/Coleslaw Cookie & Fresh Fruit

Breads, Milk, Water & Fresh Fruit Available Daily, If You Require Additional Information on Allergens or Special Diets, Please Contact the School to complete a Special Diets Application Form