

Sacred Heart P.S. Dundrum School Meals Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 19/09/22 17/10/22 14/11/22 12/12/22	Breaded Chicken Goujons Sweetcorn, Mashed Potatoes Salad Selection Vanilla Ice Cream, Oranges and Chocolate Sauce	Breaded Fish Fingers Baked Beans Mixed Vegetables Mashed Potato Fresh Fruit Selection & Yoghurt	Breast of Chicken Curry & Rice Naan Bread Garden Peas Jam & Coconut Sponge & Custard	Roast Beef Traditional Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Oven Dry Roast & Mashed Potatoes Frozen Yoghurt & Fresh Fruit Selection	Steak Burger with Bap Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks
WEEK 2 29/08/22 26/09/22 24/10/22 21/11/22 19/12/22	Spaghetti Bolognaise Crusty Bread Tossed salad Melon, Cheese & Crackers	Breaded Fish Goujons Sweetcorn Mashed Potato Flakemeal Biscuit & Fresh Fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Chocolate Sponge & Custard	Roast Pork Traditional Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Fresh Fruit Selection & Yoghurt	Breaded Chicken Bites Beans Chips Baked Potato Coleslaw Jelly, Ice Cream and Fresh Fruit
WEEK 3 05/09/22 03/10/22 31/10/22 28/11/22	Pasta Bolognaise Crusty bread Sweetcorn Raspberry Ripple Ice Cream & Fresh Fruit Chunks	Salmon Fish Cake/Breaded Fish Baked Beans Mashed Potato Frozen Smoothie & Fresh Fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Fruit Sponge & Custard	Roast Breast of Chicken Traditional stuffing Gravy Carrot & Parsnip Oven Dry Roast & Mashed Potato Popcorn Cookies & Watermelon Chunks	Burger in a Bap Coleslaw Tossed Salad Chips Baked Potato Fresh Fruit Selection & Yoghurts
WEEK 4 12/09/22 10/10/22 07/11/22 05/12/22	Oven Baked Sausages Baked Beans Mashed potatoes Arctic Roll & Selection of Fresh Fruit	Breaded Fish Fillets Sweetcorn & Peas Mashed Potato Melon, Cheese & Crackers	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Baked Potato Fruit Sponge & Custard	Roast Beef Traditional stuffing Gravy Savoy cabbage Oven Roast Dry & Mashed Potato Fresh Fruit Selection & Yoghurt	Steak Burger in a Bap Chips Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks

*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*

Menu choices subject to deliveries



Fresh Fish May Contain Bones