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|  | **Monday** | **Tuesday**  **Artigarvan Primary School Menu 2023** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK 1**  **29th Aug**  **26th Sept 24th Oct**  **21st Nov**  **19th Dec**  **16th Jan** | **Spaghetti Bolognaise or Margherita Pizza**  **Crusty bread**  **Wedges / Potatoes**  **Sweetcorn**  **Potato Salad**  **Raspberry Ripple Ice Cream & Watermelon** | **Breast of Chicken Curry with Boiled Rice & Naan Bread *or***  **Chicken & Cheese Panini**  **Creamed Potatoes**  **Gravy**  **Tossed Salad & Coleslaw**  **Garden Peas**  **Chocolate & Pear Sponge with Custard** | **Chicken Goujons**  ***or***  **Chicken Stir Fry**  **Potatoes / Noodles**  **Gravy**  **Sweetcorn & Red peppers**  **Baked Beans**  **Frozen Smoothies & Fresh Fruit** | **Roast Loin of Pork *or***  **Salmon Fish cake**  **Traditional Stuffing/Gravy**  **Carrot & Parsnip and Broccoli Florets**  **Oven Dry Roast & Mashed Potato**  **Cookies with Custard**  **Fruit** | **Fish Fingers**  **Cheese / Burger in a Bap**  **Tossed Salad**  **Mixed Vegetables**  **Chipped Potato/Baked Potato**  **Fresh Fruit Selection & Yoghurts** |
| **WEEK 2**  **5th Sept 3rd Oct**  **31st Oct**  **28th Nov**  **26th Dec**  **23rd Jan** | **Breaded Fish Fillets**  ***or***  **Lasagne & Crusty bread**  **Sweetcorn & Peas/Coleslaw**  **Mashed Potato**  **Pineapple Chunks**  **Frozen Yoghurt** | **Chicken Tikka with Boiled Rice**  **& Naan Bread, Garden Peas or Margherita Pizza**  **Wedges / Potatoes**  **Garden Peas**  **Baked Potato**  **Tossed Salad**  **Apple Sponge & Custard** | **Oven Baked Sausages *or***  **Homemade Chilli Chicken**  **Savoury Noodles**  **Baked Beans/Tossed Salad**  **Mashed Potatoes**  **Arctic Roll with Sliced Peaches** | **Roast Breast of Chicken *or***  **Fish Bites**  **Traditional Stuffing/Gravy**  **Savoy cabbage/Diced Carrots**  **Oven Roast Dry & Mashed Potato**  **Chocolate Brownie with Custard** | **Steak Burger & Bap**  ***or***  **Chicken & Cheese Panini**  **Chipped/Baked Potato**  **Tossed Salad**  **Coleslaw**  **Flakemeal Biscuit & Fruit & Custard** |
| **WEEK 3**  **12th Sept 10th Oct**  **7th Nov**  **5th Dec**  **2nd Jan**  **30th Jan** | **Fish Fingers *or***  **Irish Stew & Wheaten Bread**  **Carrots / Sweetcorn**  **Mashed Potato**  **Tossed Salad**  **Fruit Sponge & Custard** | **Breast of Chicken Curry & Rice, Naan Bread, Peas**  **Oven Baked Beef Burger**  **Baby Boiled / Creamed Potatoes**  **Salad Selection**  **Frozen Yoghurt & Fresh Fruit Selection** | **Breaded Chicken Goujons Arrabbiata Chicken in a Warm Tortilla Wrap**  **Pasta Salad**  **Sweetcorn,**  **Homemade Chilli Wedges**  **Vanilla Ice Cream, Pears, & Chocolate Sauce** | **Roast Gammon  *or***  **Salmon cake**  **Traditional Stuffing, Gravy**  **Baton Carrots/Broccoli**  **Oven Dry Roast & Mashed Potatoes**  **Date Square**  **& Custard** | **Hot Dog *or***  **Pasta Bake**  **Baked Beans**  **Tossed Salad**  **Chips**  **Baked Potato**  **Shortbread Biscuits & Fresh Fruit** |
| **WEEK 4**  **19th Sept**  **17th Oct**  **14th Nov**  **12th Dec**  **9th Jan**  **6th Feb** | **Oven baked sausages**  **Cottage pie**  **Broccoli**  **Mashed Potatoes**  **Veg & Gravy**  **Fruit Muffin & Milkshake** | **Spaghetti Bolognaise Crusty Bread**  **Cheese & Tomato Pizza**  **Wedges/ Creamed Potatoes**  **Gravy**  **½ Baked Potato with filling**  **Sweetcorn**  **Honey Dew Melon Wedges and Cookie** | **Breast of Chicken Curry with Boiled Rice & Naan Bread, Garden Peas or**  **Fish fingers &**  **Gravy**  **Garden Peas**  **Mashed Potato**  **Fruit Sponge & Custard** | **Roast Turkey *or***  **Soup & Sandwiches**  **Traditional Stuffing/Gravy**  **Cabbage**  **Fresh Diced Carrots**  **Oven Dry Roast & Mashed Potato**  **Chocolate Brownie and fresh fruit** | **HM Breaded Chicken Bites *or* Chicken and Cheese Panini**  **Baked Beans**  **Chipped/Baked Potato**  **Tossed Salad/Coleslaw**  **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***

**Spaghetti Bolognaise *or***

**Daily:**

**Mashed Potatoes / Gravy**

**Pasta**