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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**