

Artigarvan Primary School Menu 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 6 th Mar 3 rd April 1 st May 29 th May 26 th June	Spaghetti Bolognese 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 13 th Mar 10 th April 8 th May 5 th June	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 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 20 th Feb 20 th Mar 17 th April 15 th May 12 th June	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 Arrabiata 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 27 th Feb 27 th Mar 24 th April 22 nd May 19 th June	Oven baked sausages Cottage pie Broccoli Mashed Potatoes Veg & Gravy Fruit Muffin & Milkshake	Spaghetti Bolognese 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

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

Daily:

Mashed Potatoes / Gravy

Pasta