

Artigarvan - Lunch Menu Choice Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|--|
| WEEK 1 29 th Aug 26 th Sept 24 th Oct 21 st Nov 19 th Dec 16 th Jan | Spaghetti Bolognese <i>or</i> Margherita Pizza Crusty bread Sweetcorn Salsa/Potato Salad Herb Dice Potatoes Raspberry Ripple Ice Cream & Watermelon Chunks | Breast of Chicken Curry with Boiled Rice & Naan Bread <i>or</i> BBQ Chicken Panini Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard | Roast Loin of Pork <i>or</i> Salmon Tails Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Oven Dry Roast & Mashed Potato Popcorn Cookies with Pear Slices & Black Grapes | Chicken Goujons <i>or</i> Chicken Stir Fry Sweetcorn & Red Pepper Homemade Chilli Diced Potatoes Frozen Smoothies & Fresh Fruit | Fish Fingers <i>or</i> Burger in a Bap Tossed Salad Baked Beans Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts |
| WEEK 2 5 th Sept 3 rd Oct 31 st Oct 28 th Nov 26 th Dec 23 rd Jan | Oven Baked Sausages <i>or</i> Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches | Breaded Fish Fillets <i>or</i> Lasagne & Crusty bread Sweetcorn & Peas/ Asian Slaw Mashed Potato Pineapple Chunks Frozen Yoghurt | Chicken Tikka with Boiled Rice & Naan Bread, Garden Peas <i>or</i> Chicken & Cheese Panini Herb Dice Garden Peas Baked Potato Tossed Salad Apple Sponge & Custard | Roast Breast of Chicken <i>or</i> Salmon Tails Traditional Stuffing/Gravy Savoy cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Raspberry Milkshake | Steak Burger & Bap <i>or</i> French Bread Pizza Chipped/Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks |
| WEEK 3 12 th Sept 10 th Oct 7 th Nov 5 th Dec 2 nd Jan 30 th Jan | Breast of Chicken Curry & Rice, Naan Bread Garden Peas <i>or</i> Beef Burger & Gravy Potatoes Salad Selection Frozen Yoghurt & Fresh Fruit Selection | Fish Fingers <i>or</i> Irish Stew & Wheaten Bread Baked Beans/Sweetcorn Mashed Potato Tossed Salad Sponge filled with Yoghurt & Fruit | Roast Gammon <i>or</i> Salmon Tails Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Rice Pudding and Melody of Fruit | Breaded Chicken Goujons <i>or</i> Spicy Chicken in a Warm Tortilla Wrap Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce | Steak Burger with Bap <i>or</i> Vegetable Pasta Bake Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks |
| WEEK 4 19 th Sept 17 th Oct 14 th Nov 12 th Dec 9 th Jan 6 th Feb | Spaghetti Bolognese with Crusty Bread <i>or</i> Tuna or Chicken & Sweetcorn Wrap Tossed Salad Honey Dew Melon Wedges and Ginger Cookie | BUFFET: Selection of Sandwiches (Chicken/Cheese/Tuna) Fish Bite Pizza Fingers Cocktail Sausages Carrot Sticks Fruit Muffin & Milkshake | Roast Beef <i>or</i> Salmon Tails Traditional Stuffing/Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Banana chunks | Breast of Chicken Curry with Boiled Rice & Naan Bread, or Beef Burger & Gravy Garden Peas Mashed Potato Fruit Crumble & Custard | Breaded Chicken Bites <i>or</i> 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*

*Potatoes/Gravy/
Pasta
Available Daily*

Menu choices subject to deliveries

