

Artigarvan Primary School Menu 2023



	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 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 5 th Sept 3 rd Oct 31 st Oct 28 th Nov 26 th Dec 23 rd 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 12 th Sept 10 th Oct 7 th Nov 5 th Dec 2 nd Jan 30 th 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 19 th Sept 17 th Oct 14 th Nov 12 th Dec 9 th Jan 6 th Feb	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