

Knockevin SS School Lunch Menu: Choice Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 30/08/21 27/09/21 25/10/21 22/11/21 20/12/21	Steak Casserole Or Italian Pasta Bake Crusty bread Fresh Diced Turnip Tossed Salads Mashed Potato Ice Cream, Fruit & Chocolate Sauce	Breaded Chicken Goujons Selection of Dipping Sauces Or Spicy Chicken Fajita with Warm Tortilla Wrap Broccoli Florets Selection of Salads Mashed Potato Fresh Fruit Salad & Yoghurt	Breast of Chicken Curry with Boiled Rice, Naan Bread Or Homemade Cottage Pie, Gravy Fresh Sliced Carrots Medley of Fresh Vegetables Mashed Potato Carrot Cake & Custard	Roast Loin Pork Apple Sauce Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Dry Oven Roast Potatoes Mashed Potato Swiss Roll & Custard	Homemade Marguerita Pizza Or Salmon Salad baguette Mixed Pepper Sticks Crunchy Coleslaw Pasta Salad, Tossed Salad Chips Chilli Baby Boiled Potato Flakemeal & Melon Boat with Yoghurt
WEEK 2 06/09/21 04/10/21 01/11/21 29/11/21	Spaghetti Bolognese Grated Cheese Sliced Crusty Baguettes Or Homemade Cottage pie, Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato Homemade Rice Pudding & Peaches	Fresh Breaded Cod Goujons with lemon slice, Tartar Sauce Or Spicy Chicken Noodles Baked Beans Baton Carrots Tossed salad Mashed Potato Apple Crumble & Custard	Breast of Chicken Curry with Boiled Rice, Naan Bread Or Italian Lasagne Crunchy Fresh Coleslaw Cucumber Sticks Selection of Salads Mashed Potato Homemade Shortbread & Fruit Pot	Roast Breast of Chicken, Herb Stuffing, Gravy, Cauliflower Cheese, Fresh Diced Carrot & Parsnip Dry Oven Roast Potato, Mashed Potato Melon Slice & Yoghurt	Breaded Chicken Goujons Or Hot Thai Chicken Wrap Selection of Salads, Salsa Dip Cherry Tomatoes Chips Baked Potato Jelly & Ice Cream with Fruit Salad
WEEK 3 13/09/21 11/10/21 08/11/21 06/12/21	Savoury Mince & Onion Or Oriental Chicken Stir-fry with Noodles Fresh Baton Carrots Broccoli Florets Mashed Potato Chocolate and Orange Sponge & Custard	Breaded Cod Fish Fingers Or Spanish Meat Balls with Boiled Rice Baked Beans Mediterranean Roasted Vegetables Mashed Potato Swiss Roll & Custard Fresh fruit	Breast of Chicken Curry with Boiled Rice, Naan Bread Or Chicken Baguette, Cherry Tomatoes Tossed Salad Home Baked Oven Wedges Flakemeal Biscuit & Mandarin orange	Roast Turkey Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot & Parsnip Fresh Savoy Cabbage Dry Oven Roast Potatoes Mashed Potato Homemade Rice Pudding & Pears	Hotdog, Sauté Onions Or Bang Bang Chicken Carrot and Cucumber sticks With Homemade Garlic Dip Peas Selection of Salads Chips or Baby Boiled Potatoes Raspberry Ripple Ice Cream & Fresh Fruit Salad
WEEK 4 20/09/21 18/10/21 15/11/21 13/12/21	Spaghetti Bolognese with Sliced Crusty Baguette Or Fresh Breaded Cod Fillets Lemon Slice and Tartar Sauce, Baked Beans Carrot and Cucumber Sticks Selection of Salads Mashed Potato Flakemeal Biscuit, Fruit & Custard	Irish Stew Homemade Wheaten Bread Or Breaded Chicken Goujons Gravy Broccoli Florets Grated Carrot Mashed Potato Strawberry Mousse & Fresh Fruit Salad	Breast of Chicken Curry with Boiled Rice, Naan Bread Or Chicken casserole Broccoli Florets Mashed Fresh Turnip Mashed Potato Lemon Sponge & Custard Fresh Fruit	Roast Breast Chicken Herb Stuffing Gravy Cauliflower with Cheese Sauce Fresh Baton Carrots Crispy Oven Roast Potatoes Mashed Potato Chocolate Brownie & Custard	Homemade Marguerita Pizza Or Salt & Chilli Chicken with Boiled Rice Crunchy Fresh Coleslaw Tossed salad Beetroot Salad Traditional Champ Chips Artic Roll & Jelly & Fresh Fruit

*Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily*

*Selection of fresh
salads available
daily*

*If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form*

