



SPIRES INTEGRATED PRIMARY SCHOOL

MENU – JANUARY 2018

Dinner Cost £2.60 per day

If your child has a food allergy, please ensure you inform the Principal.

	Week Commencing 8 January	Week Commencing 15 January	Week Commencing 22 January	Week Commencing 29 January
Monday	Chicken Curry & Rice or Sausages, Onion Gravy, Cabbage & Mashed Potatoes ~~~~~ Strawberry & banana Smoothie	Baked Gammon, Cabbage & Mashed Potatoes or Irish Stew ~~~~~ Fresh Fruit & Yoghurt	Vegetable Soup & Bread Roll or Mince Pie, Veg & Mashed Potatoes ~~~~~ Shortbread & Juice	Chicken Kebab or Ham & Cheese Toastie, Garlic Cubes & Coleslaw ~~~~~ Ice Cream & Strawberry Sauce
Tuesday	Pork Chops & Apple Sauce or Baked Gammon, Mixed Veg & Mashed Potatoes ~~~~~ Mini Muffin & Juice	Steak Pie, Mixed Veg & Mashed Potatoes or Sweet & Sour Chicken Bites & Rice ~~~~~ Ice Cream Wafers	Ham & Cheese Omelette, Garlic Cubes & Side Salad or Chicken Lasagne & Bread Roll ~~~~~ Carmel Tart & Custard	Beef Lasagne & Side Salad or Chicken Pie, Mashed Potatoes & Vegetables ~~~~~ Pears & Custard
Wednesday	Spaghetti Bolognese & Garlic Bread or Fish Fingers, Peas, & Mashed Potatoes ~~~~~ Iced Sponge & Custard	Chicken Fried Rice or Shepherd's Pie ~~~~~ Jam Sponge & Custard	Pizza & Potato Wedges or Pasta Bolognese ~~~~~ Yoghurt & Fruit	Peppered Chicken & Rice or Shepherd's Pie ~~~~~ Jam Sponge & Custard
Thursday	Roast Chicken, Stuffing, Gravy, Roast Potatoes & Carrots ~~~~~ Fresh Fruit	Roast Turkey, Gravy, Stuffing, Mixed Veg & Mashed Potatoes ~~~~~ Brownie & Milk Shake	Roast Beef, Gravy, Carrots & Mashed Potatoes ~~~~~ Cookies & Milk	Roast Chicken, Mashed Potatoes, Gravy, Stuffing & Mixed Vegetables ~~~~~ Apple & Banana
Friday	Hot Dog or Breaded Cod Chips & Beans ~~~~~ Ice Cream Tub	Breaded Cod or Chicken Kebab, Chips & Side Salad ~~~~~ Choc Ice	Fish Fingers or Sausages, Mashed Potatoes & Spaghetti Hoops ~~~~~ Cornflake Tart & Custard	Surprise! Surprise!

NB Vegetarian option available on request. Fruit and Yoghurt Available Daily.