



SPIRES INTEGRATED PRIMARY SCHOOL

MENU – OCTOBER 2017

Dinner Cost £2.60 per day

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

	Week Commencing 2 October	Week Commencing 9 October	Week Commencing 16 October	Week Commencing 23 October
Monday	Chicken Curry & Rice or Irish Stew ~~~~~ Yoghurt & Fruit	Spaghetti Bolognese & Garlic Bread or Sausages in Onion Gravy, Cabbage, Mashed Potatoes ~~~~~ Shortbread & Juice	Omelette, Chips & Side Salad or Beef Lasagne ~~~~~ Brownie & Juice	Chicken Kebab or Ham & Cheese Toastie, Garlic Cubes & Coleslaw ~~~~~ Ice Cream & Strawberry Sauce
Tuesday	Vegetable Soup & Chicken Sandwich or Fish Goujons, Peas & Mashed Potatoes ~~~~~ Apple Pie & Custard	Chicken Lasagne & Side Salad or Pork Chop, Apple Sauce, Mixed Veg & Mashed Potatoes ~~~~~ Bakewell Tart & Custard	Shepherd's Pie or Chicken Bites, Garlic Cubes & Coleslaw ~~~~~ Rice Pudding & Two Fruits	Beef Lasagne & Side Salad or Chicken Pie, Mashed Potatoes & Vegetables ~~~~~ Pears & Custard
Wednesday	Baked Potatoes, Bacon & Beans or Chicken Fried Rice ~~~~~ Mini Muffin & Juice	Sweet & Sour Chicken & Rice or Stuffed Bacon, Turnip & Mashed Potatoes ~~~~~ Fresh Fruit & Yoghurt	Chicken Fried Rice or Fish Fingers, Peas & Mashed Potatoes ~~~~~ Iced Sponge & Custard	Baked Gammon, Cabbage & Champ or Shepherd's Pie ~~~~~ Jam Sponge & Custard
Thursday	Braised Steak, French Fried Onions & Mashed Potatoes ~~~~~ Fruit Push-Up Pop	Roast Beef, Gravy, Carrots & Mashed Potatoes ~~~~~ Ice-Cream Tub	Roast Chicken, Stuffing, Gravy, Roast Potatoes & Mixed Vegetables ~~~~~ Cookies & Milk	Roast Turkey, Mashed Potatoes, Gravy, Stuffing & Mixed Vegetables ~~~~~ Apple/Banana/Orange
Friday	Hot Dog or Fish Fingers Chips & Beans ~~~~~ Brownie & Milk Shake	Breaded Cod or Chicken Goujons, Mashed Potatoes & Side Salad ~~~~~ Carmel Tart & Custard	Sausages or Vegetable Nuggets, Mashed Potatoes & Spaghetti Hoops ~~~~~ Yoghurt & Fruit	Surprise! Surprise!

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