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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | Version 1 colour for printing (1)  **Friday** |
| **WEEK 1**  **26th Sept** | Spaghetti Bolognaise  Garden Peas  Mashed Potato  Sponge with Jam Topping & Custard | Homemade Breaded Chicken Goujons & Dip  Diced Carrots  Salad Selection  Herb Diced Potatoes  Jelly & Ice-Cream Slice with Orange Segments | Oven Baked Breaded Fish Fingers  Mashed Potato  Baked Beans  Salad  Fresh Fruit OR Fresh Yoghurt | Roast Pork  Traditional Stuffing,  Fresh Diced Carrots  Oven Roast Potato  Mashed Potato, Gravy  Rice Krispie Square & Custard | Oven Baked Sausage  Garden Peas  Coleslaw  Tossed Salad  Chips  Mashed Potato  Ice Cream Tub & Fruit Pieces |
| **WEEK 2**  **3rd Oct** | Homemade Margherita Pizza  Ham & Cheese Pizza  Garden Peas  Tossed Salad  Herb Diced Potato  Flakemeal Biscuit & Water Melon Slice | Steak Burger  Broccoli Florets  Carrots  Mashed Potato  Gravy  Muffin Cake & Custard | Fresh Breaded Fish Goujons  Baked Beans  Sweetcorn, Garden Peas  Mashed Potato  Jelly & Ice Cream OR Fresh Fruit | Roast Breast of Chicken  Traditional Stuffing  Fresh Diced Carrots  Parsnip  Oven Roast Potato  Mashed Potato, Gravy  Frozen Yoghurt & Fruit Pieces | Chicken Nuggets  Sweetcorn  Mashed Potato  Chips  Salad Selection  Fruit Sponge & Custard |
| **WEEK 3**  **10th Oct** | Oven Baked Breaded Fish Fingers  Baked Beans  Garden Peas  Mashed Potato  Fresh Fruit OR Fresh Yoghurt | Breast of Chicken Curry & Boiled Rice & Naan Bread  Sweetcorn  Jelly & Fruit Pieces | Cottage Pie  Carrots  Diced Turnip  Mashed Potato, Gravy  Rice Pudding OR Fresh Yoghurt OR Fresh Fruit | Roast Gammon  Fresh Baton Carrots  Cauliflower Florets  Mashed Potato  Oven Roast Potato  Gravy  Ginger Biscuit & Custard | Oven Baked Sausages  Garden Peas  Coleslaw  Mashed Potato  Chips  Ice Cream & Fruit Pieces |
| **WEEK 4**  **17th Oct** | Steak Burger  Baked Beans  Sweetcorn  Mashed Potato  Fresh Fruit OR Fresh Yoghurt | Pasta Bolognaise  Fresh Baton Carrot  Garden Peas  Eton Mess  (Meringue, Fruit & Yoghurt) | Oven Baked Sausage  Garden Peas  Mashed Potato  Herb Dice Potato  Chocolate Brownie & Custard | Roast Breast of Chicken  Traditional Stuffing  Carrots  Oven Roast Potatoes  Mashed Potato  Gravy  Fresh Fruit Salad & Jelly | Homemade Margherita Pizza  Sweetcorn  Salad Selection  Chips  Ice Cream & Fruit Pieces |



**Gaelscoil Aodha Rua – Biachlár Mhí Dheireadh Fómhair / October Menu 2022**

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

***Salad Selection***

***Rice Salad, Coleslaw***

***Sweet Chilli Pasta***

***Tossed Salad***

***Lettuce, Cherry Tomato***

***Grated Carrots***

***Cucumber***

***Diced Red Peppers***

***Red Onion***

***Radish***

***Beetroot***

***Breads***

***Milk, Water***

***Fresh Fruit, Yoghurt***

***Available Daily***