

# St Mary's Derrytrasna School Lunch Menu – March



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> <b>1/3,</b>	Oven Baked Sausages Baked Beans Fresh Diced Turnip Tossed Salads Mashed Potato  Flakemeal Biscuit or Yoghurt & Fruit	Oven Baked Homemade Breaded Chicken Goujons Selection of Dipping Sauces Garden Peas Selection of Salads Mashed Potato  Jelly Pot or Yoghurt & Fruit	Roast Loin Pork Apple Sauce Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Crispy Oven Roast Potatoes Mashed Potato  Cheese, Crackers & Grapes	Homemade Cottage Pie Gravy Fresh Sliced Carrots Medley of Fresh Vegetables Mashed Potato  Chocolate Muffin Or Yoghurt & Fruit	Homemade Marguerita Pizza Or Salmon Salad baguette Sweetcorn, Crunchy Coleslaw Pasta Salad, Tossed Salad Chips Chilli Baby Boiled Potato Ice Cream Pot or Yoghurt & Fruit
<b>WEEK 2</b> <b>8/3,</b>	Steak Burger Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato  Shortbread Biscuit or Yoghurt & Fruit	Italian Lasagne Crunchy Fresh Coleslaw Garden Peas Selection of Salads Mashed Potato  Fruit Muffin or Yoghurt & Fruit	Fresh Breaded Cod Goujons with lemon slice, Tartar Sauce Baked Beans Mushy Peas Tossed salad Mashed Potato  Ice Cream Pot or Yoghurt & Fruit	Roast Breast of Chicken Herb Stuffing Gravy Cauliflower Cheese Fresh Diced carrots & Parsnip Crispy Roast Potato Mashed Potatoes  Chocolate Cookie or Yoghurt & Fruit	Homemade Breaded Chicken Bites Selection of Salads Salsa Dip Sweetcorn Chips Baked Potato  Jelly Pot or Yoghurt & Fruit
<b>WEEK 3</b> <b>15/3,</b>	Savoury Mince & Onion Fresh Baton Carrots Broccoli Florets Mashed Potato  Chocolate Muffin or Yoghurt & Fruit	Steak Burger Gravy French Green beans Fresh Diced Turnip Mashed Potato  Vanilla Cookie or Yoghurt & Fruit	Breaded Cod Fish Fingers Baked Beans Sweetcorn Mediterranean Roasted Vegetables Mashed Potato  Cheese, Crackers & Grapes	Roast Turkey Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot & Parsnip Fresh Savoy Cabbage Crispy Oven Roast Potatoes Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit	Hotdog, Sauté Onions Carrot and Cucumber sticks With Homemade Garlic Dip Peas Selection of Salads Chips Home Baked Oven Wedges Ice Cream Pot or Yoghurt & Fruit
<b>WEEK 4</b> <b>22,3,</b>	Cooks Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Selection of Salads Mashed Potato  Chocolate Cookie or Yoghurt & Fruit	Irish Stew Homemade Wheaten Bread Gravy Sweetcorn Broccoli Florets Mashed Potato  Shortbread Biscuit or Yoghurt & Fruit	Roast Topside of Beef Herb Stuffing, Gravy Cauliflower with Cheese sauce Fresh Baton Carrots Crispy Oven Roast Potatoes Mashed Potato  Fruit Muffin or Yoghurt & Fruit	Fresh Breaded Cod Fillet Lemon Slice and Tartar Sauce Baked Beans Carrot and Cucumber Sticks Selection of Salads Mashed Potato  Jelly Pot or Yoghurt & Fruit	Homemade Marguerita Pizza Sweetcorn Crunchy Coleslaw Tossed salad Beetroot Salad Traditional Champ Chips Ice Cream Pot or Yoghurt & Fruit

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

**Salad Selection**  
**Rice Salad,**  
**Coleslaw**  
**Sweet Chilli Pasta**  
**Tossed Salad**  
**Lettuce, Cherry**  
**Tomato**  
**Grated Carrots**  
**Cucumber**  
**Diced Red Peppers**  
**Red Onion**  
**Radish**  
**Beetroot**

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

