

BEN MADIGAN PREPARATORY SCHOOL - CAFETERIA HEALTHY EATING WINTER MENU - 2019/2020
TASTY HOMEMADE DISHES

	Week 1	Week 2	Week 3	Week 4
MONDAY	Chicken Curry with Boiled Rice Fresh Fruit Salad	Tomato & Basil Pasta Bake with Garlic Bread Cheese & Crackers	Irish Stew with Crusty or Wheaten Bread Jam Sponge & Custard	Hot Dog with Potato Wedges Iced Sponge Cake
TUESDAY	Breaded Whiting, cubed Potatoes & Baked Beans or Peas Homemade Sponge & Custard	Pigs in Blankets with Mashed Potatoes, Carrots & Parsnips & Gravy Fifteens	Spaghetti Bolognaise & Garlic Bread Fresh Fruit & Yogurt	Chicken & Ham Pie with Mashed Potatoes, Sliced Carrots & Peas Fresh Fruit Salad
WEDNESDAY	Savoury Mince, Creamed Potatoes & Mixed Vegetables Chocolate Cupcake	Beef Curry with Boiled Rice Fresh Fruit Salad & Yogurt	Breaded Fish Fillet with Mashed Potatoes, Sweetcorn & Peas Strawberry Jelly	BBQ Chicken with Boiled Rice Apple Crumble & Custard
THURSDAY	Honey Roast Gammon with Roast Potatoes, Cabbage, Carrots & Gravy Vanilla Ice cream	Hot Spicy Baguette with Chicken/Cheese filling & Side Salad Flakemeal biscuit	French Bread Pizza with Cubed Potatoes Cookie	Lasagne with Garlic Bread & Side Salad Cheese & Crackers
FRIDAY	Oven Baked Sausages with Chips & Sweetcorn or Peas Strawberry Jelly	Breaded Fish & Chips with Peas or Beans Homemade Traybake	Chicken curry & rice Rice Krispie Bun	Salmon Fishcake with Chips & Peas or Beans Ice cream