

Sligo Grammar School

SAMPLE MENU WEEK 1

<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>		<u>SATURDAY</u>		<u>SUNDAY</u>	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Cereals/Orange juice		Cereals/Orange juice		Cereals/Orange juice		Cereals/Orange juice		Cereals/Orange juice		Cereals/Orange Juice		Cereals/Orange Juice	
Toast/Fresh fruit		Toast/Fresh fruit		Toast/Fresh fruit		Toast/Fresh fruit		Toast/Fresh fruit		Toast/Fresh Fruit		Toast/Fresh Fruit	
Baked Beans		Boiled Egg		Pancakes		Porridge		Baked Beans					
MID MORNING		MID MORNING		MID MORNING		MID MORNING		MID MORNING					
Hot Chocolate		Hot Chocolate		Hot Chocolate		Hot Chocolate		Hot Chocolate					
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		BRUNCH		BRUNCH	
Soup of the Day		Soup of the Day		Soup of the Day		Soup of the Day		Soup of the Day		Sausage		Sausage	
Chicken & Broccoli Pasta		Chicken Goujon Roll		Pasta & Chirizo		Plain or Filled Roll		Baked Potato with		Bacon		Bacon	
Bread Roll		Vegetarian Chicken Roll		Tomato Sauce				Choice of Filling		Egg		Egg	
Broccoli & Mushroom Pasta								Bread Bap		Hash brown		Hash brown	
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar		Beans, Tomato, Mushroom		Beans, Tomato, Mushroom	
TEA		TEA		TEA		TEA		TEA		TEA		TEA	
Chicken Curry & Rice		Beef Stroganoff		BBQ Chicken		Baked Salmon		Stuffed Chicken Fillet		Chicken Kiev		Beef Burger	
Stir-Fried Rice		Pasta Tomato Sauce		Stir-Fried Egg Noodles		Pasta Cheese Sauce		Mixed Bean Ragout		Pork in Garlic Sauce		Roast Beef	
Potato and Vegetables		Potato and Vegetables		Potato and Vegetables		Potato and Vegetable		Potato and Vegetable		Potato And Vegetables		Potato and Vegetables	
										Sir-Fried Rice		Vegetable Burger	
DESSERT		DESSERT		DESSERT		DESSERT		DESSERT		DESSERT		DESSERT	
Apple Crumble		Ice-cream Choc Sauce		Choc Sponge		Fresh Fruit Salad		Pineapple Cake		Bonoffi Pie		Chocolate Cake And Ice-Cream	
SUPPER		SUPPER		SUPPER		SUPPER		SUPPER					
Macheroni and Cheese		Stir-Fried Noodles		Stir-Fried Rice & Beef		Chicken Korma		Sausages and Wedges					
Hotdog Roll		Pasta Bolognaise		Pasta and Pesto		Bacon Roll		Vegetarian Sausages					
						Stir-Fried Rice							
<u>Salad Bar Available Daily For Lunch And Tea</u>													
<u>MENU SUBJECT TO CHANGE</u>													