

Junior Infants to 4th Class

<u>Starter</u>	Selection of fruit and salads; typically 4 types of fruit and 4 types of salad				
	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
<u>Week 1 - Main Course</u>	Pesto Pasta or plain, optional cheddar cheese	Curried coconut & cauliflower soup (JI-1C); Baby potatoes & seasonal greens (2-4C)	Fluffy mashed potatoes & baked beans~(JI-1C); Lentil shepherd's pie (2-4C)	Noodle stir fry; chilli & soya sauce (JI-1C); Veg moussaka(C-4 C)	Pizza (JI-1C); Pizza and potato or veg wedges (2-4C)
<u>Week 2 - Main Course</u>	Pasta sugo; optional cheddar cheese	Baby potatoes & seasonal greens (JI-1C); Roast butternut squash and red pepper soup (2-4C)	Lentil shepherd's pie (JI-1C); Fluffy mashed potatoes & baked beans (2-4C)	Chickpea, spinach & baby potato massaman curry with brown rice & tzatziki	Pesto pasta
<u>Also</u>	One of the following each day: hummus, sunflower seeds, hard-boiled egg, raisins, banana				
	Homemade bread (no butter) & buttered homemade bread; honey				
<u>Drink</u>	Water & milk				

5th & 6th Class

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pasta, tomato sauce & roast vegetables	Rice, curry sauce & vegetables	Pasta with pesto sauce & mediterranean veg	Noodles, Sweet & sour sauce & stir fry vegetables	Veggie burger with potato wedges & roast root vegetables
Carrot salad, potato & mustard salad, broccoli, tossed salad	Coleslaw, potato salad, chickpea, cucumber and tomato salad, tossed salad	Coleslaw vinegarette , broccoli, cherry tomatoes salad, tossed salad	Carrot & apple salad, potato & mustard salad, coleslaw mayo, tossed salad	Pasta salad, Harissa & pepper, chickpea, cucumber, tomato salad, tossed salad
Fruit bowl: pear, banana, orange, apple; sometimes kiwi, plums				
Also bread, butter, cheese				
Treat once a week e.g. banana bread or flapjacks				