

Good Shepherd PS - Summer Menu 2022

**school
food**

Try Something New today

www.schoolfoodni.com

**Bread, salad, fruit,
yoghurt, milk and water
are available daily.**

If you require any
additional information on
allergens or special diet
please contact the school
in the first instance



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 25th Apr 23rd May 20th June 29th Aug 26th Sept 24th Oct	Oven Baked Sausages Chicken Pasta Bake Creamed Potatoes Baked Beans / Broccoli Gravy Sponge, & Custard Fruit (RMF)	Oven Baked Fish Chicken Curry & Rice Naan Bread Creamed Potatoes Diced Carrots Gravy Chocolate Muffin Fruit Juice / Fruit (RMF)	Baked Gammon Stuffing & Gravy Dry Oven Roast/Mashed Potatoes Cabbage / Carrots Artic Roll / Fruit (H)	Beef Bolognaise Pasta Spirals Margherita Pizza Creamed Potatoes/ Chips Peas Wholemeal Biscuit & Custard (H)	H/M Beef Burger & Bap Chicken Nuggets Creamed Potatoes Mixed Vegetables Gravy Ice - cream Tubs Fruit
Week Two 2nd May 30th May 27th June 5th Sept 3rd Oct	Oven Baked Fish Cottage Pie Creamed Potatoes Diced Carrots / Gravy Wholemeal Biscuit / Fruit Custard (H)	Chicken Curry & Rice Naan Bread Beef Burger Creamed Potatoes Broccoli / Gravy Fruit Muffin, Juice & Fruit	Roast Meat Stuffing & Gravy Dry Oven Roast/Mashed Potatoes Baton Carrots / Cabbage Frozen Yoghurt/ Fruit (H)	Hotdog Pasta Bake Peas Mashed potatoes / Chips Date Cookies/ Fruit Custard (RMF)	H/M Chicken Goujons Cheese & Tomato Pizza Baked Beans / Mixed Vegetables ,Gravy Mashed Potatoes Fruit (RMF) Ice - cream Tubs
Week Three 9th May 6th June 12th Sept 10th Oct	Oven Baked Sausages Bee Lasagne Baked Beans / Broccoli Creamed Potatoes Gravy Wholemeal Shortbread Biscuits, Fruit	Beef Burger & Bap Chicken Baguettes Peas,Gravy Mashed & Chipped potatoes Fruit Muffins Fruit & Custard (H)	Roast Chicken / Turkey Stuffing & Gravy Dry Oven Roast/Mashed Potatoes Potatoes Cabbage / Carrots / Gravy Ice Cream & Jelly, Fruit (RMF) (H)	Salmon Fish Cakes or Fish Fingers Chicken Tika & Rice Naan Bread / Diced Carrot Creamed Potatoes Chocolate Cookie Fruit & Custard (RMF)	Margherita Pizza Bacon & Stuffing Sweetcorn / Gravy Mashed Potatoes Frozen Mousse Fruit
Week Four 16th May 13th June 19th Sept 17th Oct	Cottage Pie Chicken Goujons Mashed Potatoes Baked Beans / Broccoli Flakemeal Biscuit / Fruit Custard	Oven Baked Fish Chicken Curry & Rice Naan Bread Creamed Potatoes, Peas. Gravy Fruit Sponge & Custard / Fruit (RMF)	Roast Meat Stuffing & Gravy Dry Oven Roast/Mashed Potatoes Cabbage / Carrots Frozen Yoghurt/ Fresh Fruit (H)	Lasagne Cheese & Tomato Pizza Mashed & Chips Mixed Vegetables Orange Cookies / Fruit Custard (H)	Chicken Tikka Wrap Oven Baked Sausages Creamed Potatoes Peas & Sweetcorn Fresh Fruit Salad Ice Cream Tub (RMF)

May be subject to change due to factors outside our control

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