

**Mercy Primary Dinner Menu October 2016** - Nutritional Standards Primary 1-3 Standard Menu in black. (Primary 4-7 have additional choice in red.)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 	Oven baked pork Sausages Baked beans Mash Potatoes <b>Sweet Chilli Chicken &amp; Noodles</b> Creamed Rice Pudding Fruit Salad	Pasta Bolognaise Salad Mixed Vegetables Mashed Potatoes <b>Beef Casserole</b> Fruit Sponge & Custard	Salmon Fish Cakes Peas/Sweetcorn Chips/mashed potatoes <b>Fish Fingers</b> Flake Meal biscuit Raspberry milkshake	Roast Chicken/Stuffing Carrots/Broccoli/Gravy Oven Roast & Mash Potato  Jelly & Fruit Ice Cream	Beef burger & bap Coleslaw/Salad  <b>Chicken Wrap</b>  Frozen Strawberry Mouse & Fruit
<b>Week 2</b> 	Savoury Mince Beef Carrots & Parsnips Mashed Potatoes <b>Beef stew</b> Flake Meal Biscuits Fruit and Milkshake	Mild Chicken Curry Boiled Rice & Nan Bread <b>Chicken Casserole</b> <b>Sweetcorn Mash</b> Chocolate sponge & Custard	Roast Gammon/Gravy Cabbage Oven Roast and Mashed Potatoes  Yogurt & Fruit	Sausage Meat Pie Baked Beans Mashed potatoes <b>Chicken/Tuna Baguette</b> Fruit Muffin Fresh Fruit & Milk	Cod Fish Fingers Peas/Salad/Coleslaw Chip/baked potatoes <b>Chicken pasta Bake</b> Fruit Crumble Custard
<b>Week 3</b> 	Pasta Bolognaise Medley of Mixed Vegetables Mashed Potatoes <b>Beef Casserole</b> Creamed Rice Pudding Fruit Salad	Chicken Fillets &Gravy Carrots/sweetcorn Mashed Potatoes <b>Chicken Curry and boiled rice</b>  Jelly & Fruit	Breaded Fish Baked Beans Chips/Baked Potatoes <b>Cheese and Tomato Pizza</b>  Artic Roll Fruit Salad	Roast Beef/ Stuffing Gravy Broccoli Oven Roast & Mash Potatoes <b>Chicken/Tuna Baguette</b>  Jam & Coconut Sponge Custard	Vegetable and Chicken soup Hotdogs Salad/Coleslaw  Frozen Mouse & Fruit/Milk
<b>Week 4</b> 	Chicken Nuggets Beans/Coleslaw Chips/ Baked Potatoes <b>Cheese and Tomato Pizza</b>  Yogurt Fresh Fruit	Beef Burger and Gravy Carrots Mashed Potatoes <b>Lasagne/Salad</b> <b>Wheaten Bread</b> Date Fudge Custard	Beef and Vegetable Casserole Mixed vegetables Mash <b>Savoury Mince</b> Chocolate Sponge & Custard	Roast Turkey and Stuffing Carrots/Broccoli/Gravy Oven Roast & Mash Potatoes Ice Cream/Pears & Chocolate Sauce	Cod Fish Fingers Sweetcorn Mashed Potatoes <b>Chicken Casserole</b> Flake meal Biscuit/Strawberry Milkshake

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