

SEPTEMBER 2017

St. Gerard's Senior School

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1
Steamed Salmon,
Sundried Tomato
Butter

4
Cottage Pie with
Mashed Potato

5
Loin of Bacon with
Cabbage and White
Sauce

6
Chicken Stir Fry and
Noodles

7
Homemade Beef
Burgers in Onion
Gravy

8
Hake with Pesto and
Parmesan Crust

11
Italian style Beef
Lasagne

12
Supreme of Chicken
with Sauté Potatoes

13
Beef Stroganoff and
Rice

14
Chicken and Ham
Pie

15
Salmon with Baby
Spinach

18
Bangers and Mash

19
Roast Beef with
Vegetables and
Potatoes

20
Oriental Beef Stir Fry
and Noodles

21
Chicken Carbonara

22
Golden Crumbed
Fillet of Plaice

25
Homemade
Meatballs in Tomato
Sauce

26
Roast Loin of Pork
with Vegetables and
Potatoes

27
Chicken Curry and
Rice

28
Bolognese Pasta
Bake, topped with
Mozzarella Cheese

29
Steamed Salmon,
Sundried Tomato
Butter

A Chefs choice, pasta dish and vegetarian option will also be served on the day. Students can order a wrap, sandwich or a roll in advance at their morning break. Friday is our only Chip Day.

STOP