

SEPTEMBER 2017

St. Gerard's School

Prep Dinner

Monday

Tuesday

Wednesday

Thursday

Friday

1

No Evening Meal

4

Beef and Vegetable
Hot Pot

5

Thai Green Chicken
Curry

6

Roast Pork with
Vegetables and
Potatoes

7

Chicken and Broccoli
Bake

8

No Evening Meal

11

Bacon and Cabbage
with Parsley Sauce

12

Chicken Stir fry with
Noodles

13

Roast Topside of
Beef with Vegetables
and Potatoes

14

Pan Fried Breast of
Chicken with Basil
Sauce

15

No Evening Meal

18

Golden Crumbed
Chicken Cordon Bleu

19

Italian Style Beef
Lasagne and Garlic
Bread

20

Supreme Chicken
with Roasted
Vegetables

21

Roast Turkey with
Stuffing and Gravy

22

No Evening Meal

25

Spaghetti Bolognese
with Garlic Bread

26

Herb Crumbed
Breast of Chicken,
Pepper Sauce

27

Beef Stir fry with
Noodles

28

Chicken and Bacon
Pie Topped with Puff
Pastry

29

No Evening Meal

There will be a Vegetarian option and sometimes a Second option in the evening, along with Soup and Dessert