

NOVEMBER 2024

St. Gerard's School

PREP DINNER

Monday

Tuesday

Wednesday

Thursday

Friday



1

Mid-Term Break

4

Chicken Kiev with Savoury
Wholemeal Rice

Vegetarian Dish

5

Pan-fried Breast of Chicken
with Basil Cream Sauce

Vegetarian Dish

6

Beef Burrito & Oven Baked
Wedges

Vegetarian Dish

7

Bacon Chop with Vegetables
and Potatoes

Vegetarian Dish

8

No Evening Meal

11

Thai Green Chicken Curry and
Rice

Vegetarian Dish

12

Supreme of Chicken with
Roasted Vegetables

Vegetarian Dish

13

Spaghetti Bolognese with
Parmesan Flakes

Vegetarian Dish

14

Chicken & Bacon Pie Topped
with Puff Pastry

Vegetarian Dish

15

No Evening Meal

18

Beef and Vegetable Pie

Vegetarian Dish

19

Pork Chop Lyonnaise with
Vegetables and Potatoes

Vegetarian Dish

20

Roast Beef, Vegetables and
Potatoes

Vegetarian Dish

21

Crumbed Breast of Chicken
Maryland

Vegetarian Dish

22

No Evening Meal

25

Bolognese Pasta Bake

Vegetarian Dish

26

Chicken Tandoori & Rice

Vegetarian Dish

27

Chicken Stir Fry and Noodles

Vegetarian Dish

28

Glazed Loin of Bacon,
Cabbage & White Sauce

Vegetarian Dish

29

No Evening Meal

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