

Carndonagh Community School

COFFEE DOCK

BREAKFAST MENU

Selection of Sandwiches / Wraps

Chocolate Muffins

Chocolate Chip Cookies

Scones

Selection of Fresh Pastries

Sausage Rolls

Yoghurts

Fresh Fruit

Free Tea & Coffee

Water / Apple & Orange Juice / Milk

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### **LUNCHTIME MENU**

*Selection of Sandwiches / Wraps*

*Paninis with Various Fillings*

*Chicken Burgers*

*Vegetable Soup & Roll*

*Chocolate Muffins*

*Chocolate Chip Cookies*

*Yoghurts*

*Fresh Fruit*

*Water / Apple & Orange Juice / Milk*

# **DINNER - Weekly Main Menu**

|               | <b>Monday</b>                                                                                                                                                                          | <b>Tuesday</b>                                                                                                                                                                    | <b>Wednesday</b>                                                                                                                                                | <b>Thursday</b>                                                                                                                                                                     | <b>Friday</b>                                                                                                                                         |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 1</b> | <p><b><i>Chicken Tikka Masala</i></b></p> <p><i>(Chicken pieces &amp; mixed vegetables in creamy tikka masala sauce served with boiled wholegrain rice &amp; chipped potatoes)</i></p> | <p><b><i>Cottage Pie</i></b></p> <p><i>(Lean minced beef &amp; onions topped with mashed potato)</i></p>                                                                          | <p><b><i>Chicken Vol au Vents</i></b></p> <p><i>(Pastry case filled with diced chicken breast and sweetcorn in a homemade velouté sauce)</i></p>                | <p><b><i>Spaghetti Bolognese</i></b></p> <p><i>(Lean minced beef cooked in a tomato sauce with diced peppers &amp; served with spaghetti pasta)</i></p>                             | <p><b><i>Chicken Curry &amp; Rice/Naan Bread</i></b></p> <p><i>(Chicken breast strips in a spicy curry sauce with boiled rice and naan bread)</i></p> |
| <b>Week 2</b> | <p><b><i>Chicken &amp; Ham Pasta Bake</i></b></p> <p><i>(Chicken &amp; ham strips sautéed with onion in a rich velouté sauce)</i></p>                                                  | <p><b><i>Lasagne</i></b></p> <p><i>(Lean minced beef and mixed peppers in a tomato sauce layered between sheets of pasta, topped with béchamel sauce &amp; grated cheese)</i></p> | <p><b><i>Home-made Chicken Pie</i></b></p> <p><i>(Chicken pieces sautéed with onions, cooked in a rich velouté sauce and encased in golden puff pastry)</i></p> | <p><b><i>Taco Chips</i></b></p> <p><i>(Minced beef sautéed with onions served with a spicy tomato sauce, topped with taco, mayonnaise and cheese)</i></p>                           | <p><b><i>Chicken Curry &amp; Rice/Naan Bread</i></b></p> <p><i>(Chicken breast strips in a spicy curry sauce with boiled rice and naan bread)</i></p> |
| <b>Week 3</b> | <p><b><i>Taco Chips</i></b></p> <p><i>(Minced beef sautéed with onions served with a spicy tomato sauce, topped with taco, mayonnaise and cheese)</i></p>                              | <p><b><i>Roast Chicken</i></b></p> <p><i>(Roast breast of chicken &amp; stuffing served with oven baked roast potatoes, cream potatoes, baton carrots &amp; gravy)</i></p>        | <p><b><i>Sweet &amp; Sour Chicken</i></b></p> <p><i>(Strips of chicken breast cooked in a sweet &amp; sour sauce)</i></p>                                       | <p><b><i>Home-made Chicken &amp; Ham Pie</i></b></p> <p><i>(Chicken &amp; ham pieces sautéed with onions, cooked in a rich velouté sauce and encased in golden puff pastry)</i></p> | <p><b><i>Chicken Curry &amp; Rice/Naan Bread</i></b></p> <p><i>(Chicken breast strips in a spicy curry sauce with boiled rice and naan bread)</i></p> |
| <b>Week 4</b> | <p><b><i>Peppered Chicken &amp; Rice</i></b></p> <p><i>(Strips of Chicken sautéed with onions and cooked in a creamy peppered sauce)</i></p>                                           | <p><b><i>Pasta &amp; Meatballs</i></b></p> <p><i>(Meatballs made from lean mince slowly cooked in rich tomato sauce, served with spaghetti)</i></p>                               | <p><b><i>Cajun Chicken &amp; Rice</i></b></p> <p><i>(Chicken strips stir-fried with mixed pepper in a Cajun sauce)</i></p>                                      | <p><b><i>Chicken in Black Bean Sauce</i></b></p> <p><i>(Strips of chicken sautéed with Chinese style vegetables, served in a black bean sauce on a bed of rice)</i></p>             | <p><b><i>Chicken Curry &amp; Rice/Naan Bread</i></b></p> <p><i>(Chicken breast strips in a spicy curry sauce with boiled rice and naan bread)</i></p> |

**One of the following snacks available daily (please see canteen blackboard):**

*Paninis ~ Beef Burgers ~ Chicken Burgers ~ Chicken Goujon Rolls*

*Drumsticks ~ Pizza ~ Hotdogs ~ Chicken Nuggets ~ Spicy Wedges ~ Rib Rolls*

# Carndonagh Community School

## EARLY BREAKFAST MENU

8:30am – 9am

### BREAKFAST CEREALS – 50C

*Weetabix*

*Coco Pops*

*(all served with milk)*

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BREADS – 50C

Toast

Pancakes

Freshly Baked Scones

(all served with butter & jams)

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### SANDWICHES – €2.00

*White or Wholemeal Bread with Various Fillings*

*Baguettes with Various Fillings*

*Wraps with Various Fillings*

*(all served with free drink)*

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DRINKS

Milk | Tea | Coffee (all free)

Bottled Water – 50C

Fruit Juices (apple/orange) – 50C

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### FRUIT

*Selection of Fresh Fruits (apples/oranges)*

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YOGHURT – 50C

Selection of Low Fat Yoghurt

Carndonagh Community School

MORNING BREAK MENU - CANTEEN

Mon – Tue: 10:25am – 10:40am / Wed – Thurs – Fri: 11:05am – 11:20am

BREADS

Wheaten Bread & Butter

White / Wholemeal Bread with Various Fillings

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### **WRAPS**

*Floured Tortilla with Various Fillings*

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Freshly Baked Scones

2-Pack Portion of Crackers with Cheese

Toasted Cheese Soda Bread

Freshly Baked Croissants

Homemade Pizza Baguettes

Hotdogs

Sausage Rolls

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### **PASTA DISHES**

*Freshly Prepared Pasta & Sauce*

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YOGHURT

Selection of Low Fat Yoghurts (various flavours)

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### **FRESH FRUIT**

*Apples / Oranges*

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DRINKS

Bottled Water

Fruit Juice

Yazoo

Yop