

Shimna Integrated College

Canteen Menu 2020-2021

Week 1	Week 2	Week 3
14 September 2020 05 October 2020 02 November 2020 23 November 2020 14 December 2020 18 January 2021 08 February 2021 08 March 2021 29 March 2021 26 April 2021 17 May 2021 07 June 2021 28 June 2021	21 September 2020 12 October 2020 09 November 2020 30 November 2020 04 January 2021 25 January 2021 22 February 2021 16 March 2021 12 April 2021 03 May 2021 24 May 2021 14 June 2021	28 September 2020 19 October 2020 16 November 2020 07 December 2020 11 January 2021 01 February 2021 01 March 2021 22 March 2021 19 April 2021 10 May 2021 31 May 2021 21 June 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Mushroom Soup	Potato and Leek	Chicken and Bacon	Tomato Soup
Main Course	Cornish Pasties, Potatoes & Veg Contains: Gluten Milk Soya Nuts (Possible Trace)	Fish, Potatoes & Veg Contains: Gluten Mustard	Chicken Wrapped with Bacon Potatoes & Veg	Boiled Gammon Potatoes & Veg	Fish Potatoes & Veg Contains: Gluten Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Sweet & Sour Chicken & Rice Contains: Gluten	Chili Con Carne & Rice Contains: Gluten	Beef Curry & Rice Contains: Gluten Mustard Baked Potatoes & Beans Contains: Gluten	Pasta Bolognaise Contains: Gluten
Vegetarian Option	Cheesy Salsa Wrap Contains: Gluten Milk	Cheese & Tomato Pizza Contains: Gluten Milk	Pasta Bake	Stuffed Peppers	Noodles & Stir Fry Veg
	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Chicken Burger Contains: Gluten	Chips	Chicken Goujons Contains: Gluten Milk

PLEASE NOTE THAT THERE ARE HAM AND CHEESE PANINIS (CONTAINS GLUTEN & MILK) AND A VARIETY OF SANDWICHES AVAILABLE DAILY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Mushroom Soup	Potatoes and Leek	Chicken and Bacon	Tomato Soup
Main Course	Pork Chops, Potatoes & Veg	Fish, Potatoes & Veg Contains: Gluten Fish Mustard	Braised Steak & Onion, Potatoes & Veg Contains: Gluten Mustard Milk Celery Eggs Soya	Irish Stew Contains: Wheat Egg Soya	Fish, Potatoes & Veg Contains: Gluten Fish Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Chicken Korma & Rice Contains: Mustard Milk	Chicken & Vegetable Pasta Bake Contains: Gluten Milk	Chicken Korma & Rice Contains: Mustard Milk	Lasagna & Garlic Bread Contains: Gluten Milk
Vegetarian Option	Pasta Ratatouille	Vegetable Fajitas Wrap Contains: Milk	Vegetable Burger Contains: Milk Eggs	Cheese & Tomato Pizza Contains: Gluten Milk	Veggie Fried Rice & Curry Sauce Contains: Gluten Mustard Soya
	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Beef Burger	Chips	Chicken Goujons Contains: Gluten Milk

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Mushroom Soup	Potatoes and Leek	Chicken and Bacon	Tomato Soup
Main Course	Shepard's Pie Potatoes, Veg & Gravy Contains: Mustard Gluten Eggs Milk Soya Celery	Fish, Potatoes & Veg Contains: Gluten Mustard	Stuffed Bacon Rolls, Potatoes & Veg Contains: Gluten Milk	Roast Beef, Potatoes Veg and Gravy Contains: Gluten Milk Soya	Fish, Potatoes & Veg Contains: Gluten Fish Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Chicken Tikka & Rice Contains: Gluten Milk	Chicken, Tomato & Basil Pasta Bake Contains: Gluten	Beef Stroganoff & Rice Contains: Gluten Mustard	Meatballs & pasta in a Tomato Sauce
Vegetarian Option	Veggie Quiche Contains: Eggs Gluten Milk	Cheese & Tomato Pizza Contains: Gluten Milk	Noodles & Curry Sauce Contains: Gluten Eggs Mustard	Mushroom Omelette Contains: Eggs Milk	Vegetable Curry & Rice Contains: Gluten Mustard
	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Chicken Kebabs Contains: Celery	Chips	Chicken Goujons Contains: Gluten Milk

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