



ST. DOMINIC'S GRAMMAR SCHOOL

GIRLS AND BOYS 4 - 18

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit
LUNCH	Meat and Potato Pie Wedges and vegetables Or Vegetable sweet and sour With rice Tray bake Or mousse	Roast Gammon Roast Potatoes Mashed Potato Fresh seasonal vegetables And gravy Or Vegetable Pizza Steamed syrup sponge and custard Or Cookies	All Day Breakfast Or All Day Vegetarian Breakfast Jam and tray bake Or Shortbread	Roast Chicken New Potatoes Roast Potatoes Fresh Seasonal Vegetables Or Potato and Vegetable Curry Fruit Salad Or Fruit Crumble	Fish of the Day Chips Beans or Peas Or Cheese and Potato whirls Fruit Pie Or Cherry Muffins