



ST. DOMINIC'S GRAMMAR SCHOOL

GIRLS AND BOYS 4 - 18

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	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 Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg
LUNCH	Cottage Pie With seasonal Vegetables Or Vegetable Lasagne With Garlic Bread Apple Sponge and custard Or Mousse	Roast Beef Yorkshire Pudding Roast Potatoes Boiled Potatoes Fresh seasonal vegetables Gravy Or Macaroni Cheese Fruit Pie and cream Or flapjack	Sweet and Sour chicken Served with Rice Or Vegetable Cobbler Fruit Crumble and custard Or Cookies	Roast Gammon Roast Potato Mashed Potato Fresh Seasonal Vegetables Gravy Or Cheese Puff Steamed Jam Sponge Or Cheesecake	Fish of the Day Chips Peas or Beans Or Sausages Carrot Cake Or Fruit Salad