



ST. DOMINIC'S GRAMMAR SCHOOL

GIRLS AND BOYS 4 - 18

WEEK FOUR	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	Hot Pot(mince ,vegetables and gravy layered with slices of potatoes OR Macaroni Cheese Rock Cakes Or Chocolate Cakes	Roast Chicken Roast Potatoes Mashed Potatoes Fresh seasonal vegetables Stuffing and gravy Or Vegetable Lasagne Rice Pudding Or Biscuits	Mild meat curry or Pasta Bake Bread and butter pudding Or Tray bake	Roast Gammon New Potatoes Seasonal Vegetables Gravy Or Cheese and Vegetable Fingers Fruit Crumble Or Cheesecake	Fish of the Day Chips Peas Or Vegetable Cobbler Lemon Cake Or Flapjack