

BEN MADIGAN PREPARATORY SCHOOL - CAFETERIA HEALTHY EATING MENU - 2022/2023

TASTY HOME MADE DISHES

	Week 1	Week 2	Week 3	Week 4
MONDAY	Chicken Fajita Pasta Bake, Crusty Bread, Coleslaw/Salad Fresh Fruit Salad	Beef Burger with Onion Gravy Mashed Potatoes, Carrots/Sweetcorn Cheese & Crackers	Chicken Curry with Boiled rice, broccoli and Naan bread Rice Krispie Bun	Hot Dog or Cheese & Tomato Quiche with Cubed Potatoes and Baked Beans/Peas Frozen Yogurt
TUESDAY	Breaded Fish with Cubed Potatoes or Baked Potato/cheese Baked beans/Peas Homemade Scone with Jam & Butter	Pasta Bolognese, Tossed Salad and Crusty Bread Iced Sponge and Custard	Sausages, Mashed Potato and Baked Beans/Peas Fresh Fruit Salad	Chicken in Tomato, Honey and Chilli Sauce with Boiled Rice Jam Sponge and Custard
WEDNESDAY	Stuffed Sausage and Bacon/Gravy Carrots & Parsnip & Creamed Potato Apple Crumble with Custard	Roast Pork with Stuffing, Roast/Mashed Potatoes, Gravy and Mixed Veg Vanilla Ice Cream	Spicy Chicken Sandwich with Side Salad and Potato Wedges Shortbread Biscuit	Chicken and Vegetable Pie with Potato Topping, Carrots/Broccoli and Gravy Fresh Fruit Salad
THURSDAY	Chicken Curry or Vegetable Curry Boiled Rice, Broccoli and Nann Bread Tray Bake	Fish Fingers or Breaded Fish Creamed Potatoes, Baked Beans/Peas Fresh Fruit Salad	Roast Gammon, Savoy Cabbage, Sliced Carrots, Roast/Mashed Potatoes and Gravy Chocolate Sponge and Custard	Spaghetti Bolognese with Garlic Bread and Tossed Salad Strawberry Jelly
FRIDAY	Ham and Cheese/Cheese and Tomato Pizzas with Chips and Sweetcorn Strawberry Yogurt	Beef Lasagne with Chips, Tossed Salad and Coleslaw Strawberry Jelly	Breaded White Fish with Peas/Sweetcorn or Baked Beans Cheese and Crackers	Salmon Fish Cake or Fish Fingers, Peas/Sweetcorn and Chips Chocolate Chip Cookie

BEN MADIGAN PRICES 2022/23

MAIN MEALS

Daily special

Meal of the Day A (P1 – P3) £ 2.70
(Includes meal listed and homemade dessert)

Meal of the Day B (P4-P7) £ 2.75
(Includes meal listed and homemade dessert)

Main course only £ 2.35

Sandwiches/Baguettes/Wraps £ 1.95

Bread Roll/Wheaten Bread £ 0.40

Sweets & Treats

Homemade dessert £ 0.95

Homemade traybake £ 0.90

Ice-Cream & Wafer £ 0.85

Jelly & Fruit £ 0.80

Fresh Fruit Salad £ 0.80

Yogurt £ 0.75

Biscuit portions £ 0.50

Fruit £ 0.45

Cheese portion £ 0.50

Cracker portion £ 0.45

Butter portion £ 0.10

Sauces/Mayonnaise £ 0.10

Drinks

Milk Cartons/Milkshake £ 0.95

Fruit Juice £ 0.95

Bottled Water £ 0.90