

BEN MADIGAN PREPARATORY SCHOOL - CAFETERIA HEALTHY EATING MENU - 2021/2022



TASTY HOMEMADE DISHES

	Week 1	Week 2	Week 3	Week 4
MONDAY	Hot Dog with Cubed Potatoes Crackers & Cheese	Salmon Pasta Bake with Side Salad Fresh Fruit Salad	Irish Stew, Crusty or Wheaten Bread Jam & Coconut Sponge	Macaroni & Cheese/ Plain Pasta & Cheese, Side Salad & Garlic Bread Ice Cream
TUESDAY	Spaghetti Bolognese, Cheese and Garlic Bread Fresh Fruit Salad	Savoury Mince, Creamed Potatoes, Mixed Vegetables Homemade Scone with Jam & Butter	Breaded White Fish, Creamed Potatoes & Baked Beans or Peas Strawberry Jelly	Roast Gammon, Cabbage, Carrots, Gravy & Mashed Potatoes Fresh Fruit Salad
WEDNESDAY	Chicken & Ham Pie, Roast Potatoes, Carrots & Gravy Rice Krispie Bun	French Bread Pizza - Ham & Cheese/Pepperoni & Tomato With Potato Wedges Strawberry Jelly	Cottage Pie with Broccoli and Sliced Carrots Fresh Fruit Salad	Pasta Bolognese & Garlic Bread Chocolate Chip Cookie
THURSDAY	Tomato & Basil Pasta Bake/ Plain Pasta with Cheese & Crusty Bread Strawberry Yogurt	Chicken Curry with Boiled Rice & Naan Bread Cheese & Crackers	Pigs in Blankets with Stuffing, Creamed Potatoes, Carrots & Parsnips & Gravy Flakemeal Biscuit	Fish Fingers with Mashed Potatoes, Sweetcorn or Beans Homemade Banana Cake
FRIDAY	Breaded White Fish & Chips with Peas Ice Cream	Beef Burger, Chips & Side Salad Sponge Cake with Icing	Homemade Chicken Bites with Chips & Sweetcorn Cheese & Crackers	Chicken Curry, Boiled Rice/Chips Strawberry Yogurt

BEN MADIGAN PRICES 2021/2022

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			£	0.80
Ice-Cream & Wafer			£	0.80
Jelly & Fruit			£	0.80
Fresh Fruit Salad			£	0.80
Yogurt			£	0.45
Biscuit portions			£	0.45
Fruit			£	0.45
Cheese portion			£	0.40
Cracker portion			£	0.35
Butter portion			£	0.10
Sauces/Mayonnaise			£	0.10

Drinks

Milk Cartons/Milkshake			£	0.70
Fruit Juice			£	0.95
Bottled Water			£	0.90