

Shimna Integrated College

Canteen Menu 2023-2024

Week 1	Week 2	Week 3
<p>28 August 2023 18 September 2023 9 October 2023 6 November 2023 27 November 2023 18 December 2023 8 January 2024 29 January 2024 19 February 2024 11 March 2024 1 April 2024 22 April 2024 13 May 2024 3 June 2024 24 June 2024</p>	<p>4 September 2023 25 September 2023 16 October 2023 13 November 2023 4 December 2023 25 December 2023 15 January 2024 1 February 2024 26 February 2024 18 March 2024 8 April 2024 29 April 2024 20 May 2024 10 June 2024</p>	<p>11 September 2023 2 October 2023 30 October 2023 20 November 2023 11 December 2023 1 January 2024 22 January 2024 12 February 2024 4 March 2024 25 March 2024 15 April 2024 6 May 2024 27 May 2024 17 June 2024</p>

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Pork chop Potatoes Vegetables Gravy	Fish fillet Potatoes Vegetables	Chicken with stuffing & gravy Potatoes Vegetables	Cottage Pie Vegetables	Fish fillet Potatoes Vegetables
Healthy Option	Chicken Curry & boiled rice	Sweet & Sour Chicken & boiled rice	Chicken & bacon carbonara Pasta bake	Chicken curry & boiled rice	Italian Meatballs with spaghetti/pasta
Vegetarian Option	Vegetable curry & boiled rice	Macaroni Cheese	Cheesy salsa wrap	Noodles & curry sauce	Vegetarian pasta bake
Sides	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar
Grab & Go	Hotdogs Paninis Crusty rolls	Chips Paninis Crusty rolls Tub gravy/pepper sauce	Chicken Burger Paninis Crusty rolls	Chips Paninis Crusty rolls Tub gravy/curry sauce	Chicken Goujons Paninis Crusty rolls

AVAILABLE DAILY:- SALAD BAR, FRESH SANDWICHES, WRAPS, SALAD ROLLS, PASTA SALADS, BREAD, MILK, WATER, SALAD, FRESH FRUIT. IF YOU HAVE ANY ALLERGY OR DIET REQUIREMENTS PLEASE SPEAK WITH A MEMBER OF THE CANTEEN STAFF

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Beef & onion pie Potatoes Vegetables	Fish fillet Potatoes Vegetables	Stuffed bacon rolls Potatoes Vegetables	Irish stew	Fish fillet breaded Potatoes Vegetables
Healthy Option	Chicken Curry & boiled rice	Peppered chicken & boiled rice	Chicken stirfry, noodles & curry sauce	Chicken tikka & boiled rice with Naan bread	Pasta bolognese
Vegetarian Option	Vegetable fried rice	Cheese & tomato omelette	Noodles & curry sauce	Potato boat with cheese & tomato	Tomato pasta bake
Sides	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar
Grab & Go	Hotdogs Paninis Crusty rolls Soup	Chips Paninis Crusty rolls Soup Tub pepper/gravy sauce	Beef Burger Paninis Crusty rolls Soup	Chips Paninis Crusty rolls Soup Tub gravy/pepper sauce	Chicken Goujons Paninis Crusty roll Soup

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Gammon Potatoes Vegetables	Fish fillet Potatoes Vegetables	Roast beef Stuffing Potatoes Vegetables	Brown stew Potatoes Vegetables	Fish fillet breaded Potatoes Vegetables
Healthy Option	Chicken Curry & boiled rice	Chicken & basil pasta bake	Chicken fried rice & curry sauce	Peppered chicken & boiled rice	Lasagne & garlic bread
Vegetarian Option	Potato boat with cheese & peppers	Cheesy salsa wrap	Pizza	Macaroni cheese	Vegetable lasagne & garlic bread
Sides	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar	Baked Potatoes & Beans Salad bar
Grab & Go	Hotdogs Paninis Crusty rolls Soup	Chips Paninis Crusty rolls Soup Tub pepper/gravy sauce	Chicken kebab Paninis Crusty rolls Soup	Chips Paninis Crusty rolls Soup Tub gravy/curry sauce	Chicken Goujons Paninis Crusty roll Soup

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