

Shimna Integrated College

Canteen Menu 2022-2023

Week 1	Week 2	Week 3
29 August 2022 19 September 2022 10 October 2021 31 October 2022 21 November 2022 12 December 2022 02 January 2023 23 January 2023 13 February 2023 06 March 2023 27 March 2023 10 May 2023 29 May 2023 19 June 2023	5 September 2022 26 September 2022 17 October 2022 07 November 2022 28 November 2022 19 December 2022 09 January 2023 30 January 2023 20 February 2023 13 March 2023 24 April 2023 17 May 2023 05 June 2023 26 June 2023	12 September 2022 03 October 2022 24 October 2022 14 November 2022 05 December 2022 26 December 2022 16 January 2023 06 February 2023 27 February 2023 20 March 2023 03 May 2023 22 May 2023 12 June 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of Day	Soup of Day
Main Course	Pasta Carbonara Contains: Gluten Milk Soya Nuts (Possible Trace)	Fish, Potatoes & Veg Contains: Gluten Mustard	Chicken Stir Fry & Vegetable with Sweet Chilli Sauce Contain: Soya	Chicken wrap in Bacon Potatoes & Veg Contain: Milk Gluten	Fish Potatoes & Veg Contains: Gluten Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard Celery	Chicken Korma & Rice Contains: Milk	Pasta Bolognaise Contains: Gluten	Beef Curry & Rice Contains: Gluten Mustard Baked Potatoes & Beans Contains: Gluten	Chicken Jalfrezi & Rice Contains: Celery
Vegetarian Option	Vegetable Curry & Rice Contains: Gluten Mustard Celery	Pasta in a Tomato & Pesto Sauce with Cheese Contains: Gluten Milk	Noodles & Curry Sauce Contains: Celery Mustard GLUTEN	Macaroni Cheese Contains: Milk	Oven Baked Pizza Sliced Contains: Milk GLUTEN
Sides	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
Grab And Go	Hotdogs Contains: Soya Gluten Milk Mustard Sulphur Dioxide	Chips	Beef Burger Contains: Gluten Soya	Herby Seasoned Potatoes Contain: Gluten Wheat	Chicken Burger Contains: Gluten Wheat

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the DAY
Main Course	Chinese Pork Steak, Potatoes & Veg Contain: Gluten	Fish, Potatoes & Veg Contains: Gluten Fish Mustard	Beef Curry & Rice Contains: Gluten	Irish Stew Contains: Wheat Egg Soya	Fish, Potatoes & Veg Contains: Gluten Fish Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Chicken Pasta in Arrabiata Sauce	Chicken & Bacon Pasta Bake Contains: Gluten Milk	Chicken Korma & Rice Contains: Mustard Milk	Lasagna & Garlic Bread Contains: Gluten Milk
Vegetarian Option	Pasta and Vegetable Bake	Cheese & Salsa Wrap Contains: Milk	Potato Boat Filled with Tomato and Cheese Contains: Milk	Sweet Chili Noodles Contains: Gluten Milk	Oven Baked Pizza Contains: Milk gluten
Sides	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
Grab and Go	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Chicken Kebab Contains: Milk Soya Gluten Celery Sesame	Herby Seasoned Potato Contain Gluten Wheat	Chicken Burger Contains: Gluten Wheat

PLEASE NOTE THAT THERE ARE HAM AND CHEESE PANINIS (CONTAIN GLUTEN & MILK) AND A VARIETY OF SANDWICHES AVAILABLE DAILY

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course	Beef and Onion Pie Potato & Veg Contains: Gluten Milk Soya	Fish, Potatoes & Veg Contains: Gluten Mustard	Meatball & Pasta in a tomato Sauce Gluten	Chicken Balti & Rice Contains: Gluten	Fish, Potatoes & Veg Contains: Gluten Fish Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Chicken Tikka & Rice Contains: Milk	Chicken Fillet Potato and Veg Contains: Gluten	Cottage Pie Potato & Veg Contains: Gluten Milk Soya	Sweet Chili Chicken Noodle Gluten
Vegetarian Option	Veggie Quiche Contains: Eggs Gluten Milk	Cheese & Tomato Omelette Contains: Gluten Milk	Vegetarian Meatball & Pasta In tomato Sauce Contains: Soya	Cheese and Tomato Omelette Contains: Milk	Tomato and Basil Pasta Gluten
Sides	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
Grab and Go	Hotdogs Contains: Soya Gluten Milk Mustard Sulphur Dioxide	Chips	Chicken Goujons Contains: Gluten Milk	Herby Seasoned Potatoes Contain Gluten Wheat	Chicken Burger Contains: Gluten Wheat

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