

Shimna Integrated College

Canteen Menu 2021-2022

Week 1	Week 2	Week 3
1 September 2021 20 September 2021 11 October 2021 01 November 2021 22 November 2021 13 December 2021 03 January 2022 24 January 2022 14 February 2022 07 March 2022 28 March 2022 09 May 2022 30 May 2022 20 June 2022	6 September 2021 27 September 2021 18 October 2021 08 November 2021 29 November 2021 20 December 2021 10 January 2022 31 January 2022 21 February 2022 14 March 2022 25 April 2022 16 May 2022 06 June 2022 27 June 2022	13 September 2021 04 October 2021 25 October 2021 15 November 2021 06 December 2021 27 December 2021 17 January 2022 07 February 2022 28 February 2022 21 March 2022 02 May 2022 23 May 2022 13 June 2022

Week 1

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	Sausages, Potatoes & Veg 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: Gluten Milk	Roast of the Day Potatoes, Vegetable & Gravy Contains: Gluten Milk	Beef Curry & Rice Contains: Gluten Mustard Baked Potatoes & Beans Contains: Gluten	Pasta Bolognaise Contains: Gluten
Vegetarian Option	Cheese & Peppers Omelette Contains: Gluten Milk	Pasta in a Tomato & Pesto Sauce with Cheese Contains: Gluten Milk	Noodles & Curry Sauce Contains: Celery Mustard	Cheese and Tomato Pizza Contains: Milk	Roast Vegetable Quiche Contains: Milk
	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Chicken Burger Contains: Gluten	Chips	Chicken Goujons Contains: Gluten Milk

Week 2

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	Pork Chops, Potatoes & Veg	Fish, Potatoes & Veg Contains: Gluten Fish Mustard	Brown Stew, Potatoes & Veg Contains: Gluten Mustard Milk Celery Eggs Soya	Irish Stew Contains: Wheat Egg Soya	Fish, Potatoes & Veg Contains: Gluten Fish Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Sweet and Sour Chicken & Rice Contains: Mustard Milk	Chicken & Vegetable Pasta Bake Contains: Gluten Milk	Chicken Korma & Rice Contains: Mustard Milk	Lasagna & Garlic Bread Contains: Gluten Milk
Vegetarian Option	Pasta Ratatouille	Cheese & Salsa Wrap Contains: Milk	Vegetable Burger Contains: Milk Eggs	Cheese & Tomato Pizza Contains: Gluten Milk	Veggie Fried Rice & Curry Sauce Contains: Gluten Mustard Soya
	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Beef Burger Contains: Milk Soya Gluten	Chips	Chicken Goujons Contains: Gluten Milk

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

Week 3

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	Cottage Pie Potatoes, Veg & Gravy Contains: Mustard Gluten Eggs Milk Soya Celery	Fish, Potatoes & Veg Contains: Gluten Mustard	Stuffed Bacon Rolls, Potatoes & Veg Contains: Gluten Milk	Roast of the Day, Potatoes Veg and Gravy Contains: Gluten Milk Soya	Fish, Potatoes & Veg Contains: Gluten Fish Mustard
Healthy Option	Chicken Curry & Rice Contains: Gluten Mustard	Chicken Tikka & Rice Contains: Gluten Milk	Chicken, Tomato & Basil Pasta Bake Contains: Gluten	Beef Stroganoff & Rice Contains: Gluten Mustard	Meatballs & pasta in a Tomato Sauce
Vegetarian Option	Veggie Quiche Contains: Eggs Gluten Milk	Cheese & Tomato Omelette Contains: Gluten Milk	Noodles & Curry Sauce Contains: Gluten Eggs Mustard	Cheese & Tomato Pizza Contains: Milk	Vegetable Curry & Rice Contains: Gluten Mustard
	Baked Potatoes & Beans Contains: Gluten	Baked Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten	Baked Potatoes & Beans Contains: Gluten
	Hotdogs Contains: Gluten Milk Mustard Soya Sulphur Dioxide	Chips	Chicken Kebabs Contains: Celery	Chips	Chicken Goujons Contains: Gluten Milk

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