



Our Lady and St Patrick's College, Knock Canteen Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll
Main Course	Sausages, Creamed Potatoes, Beans or Carrots.	Spaghetti Bolognese and Garlic Bread	Chicken Curry and Steamed Rice	Chicken Breast with Pepper Sauce, Creamed Potatoes, Carrot and Parsnip.	Fish, Chips and Peas.
Main Course Option Two	Sweet and Sour Chicken and Steamed Rice	Roast Beef, Creamed Potatoes, Cauliflower and Broccoli	Arrabiata Pasta and Garlic Bread	Beef Noodles	Sausage, Chips and Beans. Curry Chip
Hot Snack	BBQ Chicken Wrap Hot Dog	Chicken Kebab Pizza	Ham and Cheese Panini	Sweet Chilli Chicken and Cheese Wrap	Pizza Chicken Kebab
Vegetarian Option	Veggie Sausage, Potato and Beans. Sweet and Sour Vegetables and Rice.	Pizza	Arrabiata Pasta and Garlic Bread Cheese and Tomato Panini	Vegetable Noodles	Pizza Curry Chip
Daily Specials available everyday	Soup and Sandwich, Filled Rolls, Baked Potato with cheese/beans/coleslaw, Salad Pots with chicken/cheese/ham, Pasta King with a choice of sauces				



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week Two	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll
Main Course	Roast chicken, Potatoes and Vegetable	Chicken Pot Pie	Chicken Curry and Steamed Rice	Cottage Pie and Peas	Fish, Chips and Peas.
Main Course Option Two	Sweet and Sour Chicken and Steamed Rice	Beef Chilli and Rice	Baked Chicken and Vegetable Enchilada	Chicken Carbonara and Garlic Bread	Sausage, Chips and Beans. Curry Chip
Hot Snack	Chicken Kebab Pizza	BBQ Chicken Panini Chicken Kebab	Hot Dog	Chicken Kebab	Pizza Chicken Kebab
Vegetarian Option	Pizza	Cheese and Tomato Panini	Baked Vegetable Enchilada	Quiche and Salad Vegetable Burger and Salad	Pizza Curry Chip
Daily Specials available everyday	Soup and Sandwich, Filled Rolls, Baked Potato with cheese/beans/coleslaw, Salad Pots with chicken/cheese/ham, Pasta King with a choice of sauces				



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week Three	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll
Main Course	Roast Chicken, Creamed Potatoes, Fresh Vegetables	Spaghetti Bolognese and Garlic Bread	Sausages, Potatoes and Vegetables	Chilli con carne and Rice	Fish, Chips and Peas.
Main Course Option Two	Sweet and Sour Chicken and Steamed Rice	Chicken Pasta Bake	Chicken Curry and Rice	Chicken Chow Mein	Sausage, Chips and Beans. Curry Chip
Hot Snack	Hot Dog	BBQ Chicken Wrap	Ham and Cheese Panini	Chicken Kebab	Pizza Chicken Kebab
Vegetarian Option	Pizza	Vegetable Fried Rice	Cheese and Tomato Panini	Vegetable Quiche and Tossed Salad	Pizza Curry Chip
Daily Specials available everyday	Soup and Sandwich, Filled Rolls, Baked Potato with cheese/beans/coleslaw, Salad Pots with chicken/cheese/ham, Pasta King with a choice of sauces				



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week Four	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll	Vegetable Soup and Roll
Main Course	Sausages, Potatoes and Vegetables	Shepherds Pie	Chicken with Pepper Sauce, potatoes and cauliflower	Chicken and Broccoli Bake	Fish, Chips and Peas.
Main Course Option Two	Sweet and Sour Chicken and Rice	Ham and cheese Panini	Chicken curry and rice	Chicken Goujons, corn, coleslaw and potato wedges	Sausage, Chips and Beans. Curry Chip
Hot Snack	Hot Dog	Chicken Kebab Pizza	BBQ chicken Wrap	Chicken Burger and salad	Pizza Chicken Kebab
Vegetarian Option	Baked Potato	Pizza	Pasta and Sauce	Potato wedges with beans and cheese.	Pizza Curry Chip
Daily Specials available everyday	Soup and Sandwich, Filled Rolls, Baked Potato with cheese/beans/coleslaw, Salad Pots with chicken/cheese/ham, Pasta King with a choice of sauces				

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