

Children First Association



MENU

Week 09/03/2015

Monday		
Fresh spinach leaves with tomatoes and olive oil dressing	Shepherd' s pie (Beef mince with peas and mashed potatoes)	Meat (Swiss)
Tuesday		
Carrot and sweet potato soup	Breaded chicken served with basmati rice in a tomato sauce	Chicken (Swiss)
Wednesday		
Red pepper salad	Feta and spinach puff pastry with a side serving of broccoli	Veg
Thursday		
Fresh green salad with the French dressing	Tortellini in a herb and butter sauce served with cucumber sticks	Veg
Friday		
Crunchy carrot sticks with cherry tomato salad	Salmon filet and new potatoes with corn	Fish (Ireland)