

# OCTOBER 2024

St. Gerard's School

PREP DINNER

Monday

Tuesday

Wednesday

Thursday

Friday

1

Pan-fried Breast of Chicken  
with Basil Cream Sauce

Vegetarian Dish

2

Beef Burrito & Oven Baked  
Wedges

Vegetarian Dish

3

Bacon Chop with Vegetables  
and Potatoes

Vegetarian Dish

4

No Evening Meal

7

Thai Green Chicken Curry and  
Rice

Vegetarian Dish

8

Supreme of Chicken with  
Roasted Vegetables

Vegetarian Dish

9

Spaghetti Bolognese with  
Parmesan Flakes

Vegetarian Dish

10

Chicken & Bacon Pie Topped  
with Puff Pastry

Vegetarian Dish

11

No Evening Meal

14

Beef and Vegetable Pie

Vegetarian Dish

15

Pork Chop Lyonnaise with  
Vegetables and Potatoes

Vegetarian Dish

16

St. Gerard's Day

17

Crumbed Breast of Chicken  
Maryland

Vegetarian Dish

18

No Evening Meal

21

Bolognese Pasta Bake

Vegetarian Dish

22

Chicken Tandoori & Rice

Vegetarian Dish

23

Chicken Stir Fry and Noodles

Vegetarian Dish

24

Glazed Loin of Bacon,  
Cabbage & White Sauce

Vegetarian Dish

25

No Evening Meal

28

Mid-Term Break

29

Mid-Term Break

30

Mid-Term Break

31

Mid-Term Break



There will sometimes be a Second option in the evening with a Fish option at times, along with Soup and Dessert