

October Primary Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 01/10/18	Pasta Bolognaise with Nann Bread or Fish Fingers Peas, Gravy Mashed Potatoes Melon or Yogurt	Chicken Crumble or Steak Burger, Gravy Sweetcorn, Pasta or Mashed Potatoes Jelly & Fruit	Cottage Pie, Gravy or Oven Baked Sausages Mixed Vegetables Mashed Potatoes Grapes & Frozen Yogurt	Roast Chicken or Chicken Wrap, stuffing ,gravy Carrots & Parsnips Mashed Potatoes Flake meal Biscuit, Fruit	Chicken Curry & Brown Rice with Naan Bread or Homemade Pizza with Salad or Sweet corn Chips Fresh Pineapple, Yogurt
Week Two 08/10/18	Grilled Bacon with Stuffing, Gravy or Brown Stew Carrots, Mashed Potatoes Frozen Mousse & Fruit	Chicken Stir Fry or Chicken Nuggets Baked Beans or Peas Chips or Mashed potato Ice-cream & Fruit	Chicken Curry& Rice or Chicken Crumble Gravy, Mixed Vegetables, Mashed Potatoes Fruit Salad, Yogurt	Lasagna & Nann bread Fresh Fish Goujons Carrots, Gravy Mashed Potatoes Jelly Whip & Fruit	Roast Pork, Apple Sauce, Stuffing Gravy Broccoli & Corn Oven Roast & Mashed Potatoes Melon, Yogurt
Week Three 15/10/18	Potato & Leek Soup Hot Dogs/Salmon Roll Salad/Coleslaw Grapes, Yogurt Flake meal Biscuit	Pasta Bolognaise with Nann Bread Fish Fingers Mixed Vegetables, Mashed Potatoes or Jelly & Fruit	Chicken Goujon or Homemade Pizza Sweetcorn, Mashed Potatoes or Chips Melon, Yogurt	Roast Turkey, Stuffing Gravy, Carrots & Parsnips Mashed Potatoes Strawberry Shortcake or Yogurt	Chicken Curry & Rice or Steak Burger, Gravy, Carrots Mashed Potatoes Fruit Salad, Yogurt
Week Four 22/10/18	Savoury Mince or Oven Baked Sausages Sweet-Corn, Gravy Mashed Potatoes Krispie Square, Fruit	Chicken Curry or Fish Fingers, Gravy Mixed Vegetables Mashed Potatoes Or Pasta Fresh Pineapple, Yogurt	Lasagna & Nann Bread Steak Burger Peas, Gravy Mashed Potatoes or Cheesy Baked Potato Jelly & Fruit	Chicken Goujons Homemade Pizza Selection of Salads or Baked Beans, Chips or Mash potato Ice-cream Wafer, Fruit	Gammon & Parsley Sauce Cauliflower Cheese or Carrots, Pasta or Mashed Potatoes Grapes, Yogurt

school food

www.schoolfoodni.com

Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily

If you require any additional information on allergens or Special diets please contact the school in the first instance

