

# Primary Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 08/01/18	Pasta Bolognaise with Healthy Garlic 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 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 15/01/18	Grilled Bacon with Stuffing, Gravy or Irish Stew Carrots, Mashed Potatoes  Frozen Mousse & Fruit	Roast Pork, Apple Sauce, Stuffing, Gravy Broccoli & Corn Oven Roast & Mashed Potatoes  Ice-cream & Fruit	Chicken Stir Fry with Naan Bread or Chicken Nuggets Baked Beans or Peas Chips or Mashed potato  Fruit Salad, Yogurt	Lasagna & Healthy Garlic bread or Fresh Fish Goujons Carrots, Gravy Mashed Potatoes  Jelly Whip & Fruit	Chilli Chicken with Rice or Roast Chicken, Stuffing Gravy, Mixed Vegetables, Mashed Potatoes  Melon, Yogurt
Week Three 22/01/18	Potato & Leek Soup Hot Dogs Salad/Coleslaw  Grapes, Yogurt Flake meal Biscuit	Pasta Bolognaise with Nann Bread or Salmon Fishcake/Fish Fingers Mixed Vegetables, Mashed Potatoes or  Jelly & Fruit	Irish Stew or Homemade Pizza Sweetcorn, Mashed Potatoes or Chips  Melon, Yogurt	Roast Turkey, Stuffing Gravy, Carrots & Parsnips Mashed Potatoes  Strawberry Shortcake or Yogurt	Chicken Chow Mein or Steak Burger, Gravy, Carrots Mashed Potatoes  Fruit Salad, Yogurt
Week Four 29/01/189	Chili Beef & Noodles or Oven Baked Sausages Sweet-Corn, Gravy Mashed Potatoes  Date Square, Fruit	Chicken Curry or Fish Fingers, Gravy Mixed Vegetables Mashed Potatoes Or Pasta  Fresh Pineapple, Yogurt	Lasagna with Healthy Garlic Bread or Steak Burger Peas, Gravy Mashed Potatoes or Cheesy Baked Potato  Jelly & Fruit	Chicken Goujons Homemade Pizza Selection of Salads or Baked Beans, Chips or Baked Potato Ice-cream Wafer, Fruit	Gammon & Parsley Sauce Cauliflower Cheese or Carrots, Pasta or Mashed Potatoes  Grapes, Yogurt
Week Five	Homemade Pizza or Savoury Mince Baked Beans or Peas Baked or Mashed Potatoes  Melon, Yogurt	Oven Baked Sausages or Chicken Pasta Bake Sweetcorn Chips or Pasta  Frozen Yogurt, Fruit	Roast Chicken Stuffing, Gravy Carrots & Parsnips Oven Roast & Mashed Potatoes  Flake meal Biscuit, Fruit	Cottage Pie or Steak Burger Carrots, Gravy Mashed Potatoes  Grapes, Yogurt	Fresh Fish Goujons or Grilled Bacon Turnip, Gravy Pasta or Mashed Potatoes  Jelly & Fruit

# school food

[www.schoolfoodni.com](http://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**

