

Lisnagelvin Ps Winter Menu 2017 - 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	H/M Soup & Sandwiches Oven Baked Sausages Irish Stew Baked Beans / Carrots	H/M Soup & Sandwiches Chicken Curry & Rice Salmon Fish Cakes Peas / Salad	H/M Soup & Sandwiches Baked Gammon Stuffing & Gravy Dry Oven Roast / Creamed Potatoes	H/M Soup & Sandwiches Spaghetti Bolognese Chicken Pie - Potato Topping Salad	H/M Soup & Sandwiches H/M Chicken Goujons Savoury Baguettes Salad
Nov 20th					
Dec 18th					
Jan 22nd					
Feb 19th	Chips / Mashed Potatoes Decorated Sponge / Fruit	Parsley Sauce Mashed Potatoes Flakemeal Biscuits / Fruit	Cabbage / Carrots Fruit Salad Artic Roll	Mashed Potatoes Fruit Muffin / Fruit Custard	Herb Dice / Mashed Potato Semolina / Fruit Crackers & Cheese (RMF)
Mar 19th					
Week Two	H/M Soup & Sandwiches Chicken Curry & Rice Cottage Pie Mixed Vegetables / Salad	H/M Soup & Sandwiches Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli	H/M Soup & Sandwiches Roast Pork Stuffing & Gravy / Salad Dry Oven Roast / Creamed Potatoes	H/M Soup & Sandwiches Oven Baked Fish Chicken Paninis Peas / White Sauce Salad	H/M Soup & Sandwiches Home Made Beef Burger & Bap / Salad Savoury Pasta Bake Sweetcorn / Green Beans
Nov 27th					
Jan 1st					
Jan 29th					
Feb 26th	Mashed	Oven Dice & Baby Boiled Potatoes / Salad Rice Pudding & Fruit	Baton Carrots / Cabbage Wholemeal Biscuits Fruit & Custard	Mashed Potatoes Fruit Muffin / Fruit Custard	Sweetcorn / Green Beans Chips / Mashed Potato Fruit Sponge / Fruit
Mar 26th					
Week Three	Fruit / Ice Cream (H) H/M Soup & Sandwiches Spaghetti Bolognese Oven Baked Chicken Nuggets Carrots / Salad	Cheese & Biscuits (RMF) H/M Soup & Sandwiches Chicken Baguette O/B Beef Burgers & Onion Gravy / Salad	Fruit & Custard (H) H/M Soup & Sandwiches Roast Turkey Stuffing & Gravy Dry Oven Roast / Creamed Potatoes / Gravy	Custard (RMF) H/M Soup & Sandwiches Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas	Custard H/M Soup & Sandwiches Hot Dogs Lasagne Baked Beans / Carrots
Nov 6th					
Dec 4th					
Jan 8th					
Feb 5th	Baby Boiled / Mashed Potato	Peas & Sweetcorn Herb Dice / Mashed Potato	Cabbage & Carrots Fruit Sponge / Fruit	Mashed Potatoes / Salad	Tossed Salad / Colelaw Chips / Mashed Potato
Mar 5th					
Apr 2nd	Jelly & Fruit Ice Cream	Fruit Cookies / Fruit Custard (H)	Fruit & Custard (H) Custard (RMF)	Fruit Salad Custard (RMF)	Wholemeal Biscuits Fruit / Custard
Week Four	H/M Soup & Sandwiches Oven Baked Fish Savoury Pizza Green Beans / Mixed Vegetables / Salad	H/M Soup & Sandwiches Oven Baked Sausages Pasta Bake Baked Beans / Peas & Corn Salad	H/M Soup & Sandwiches Roast Beef Stuffing & Gravy Dry Oven Roast / Creamed Potatoes / Salad	H/M Soup & Sandwiches Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables	H/M Soup & Sandwiches Home Made Chicken Goujons Cottage Pie Broccoli / Carrots
Nov 13th					
Dec 11th					
Jan 15th					
Feb 12th	Mashed Potato Fruit Sponge / Fruit	Chips & Mashed Potatoes Flakemeal Biscuits / Fruit	Turrips / Carrots Fruit Crumble / Sponge Custard / Fruit (H)	Oven Dice / Mashed Potatoes / Salad Fruit Muffin / Fruit Custard (H)	Mashed Potato Rice Pudding / Fruit Frozen Yoghurt / Fruit
Mar 12th					

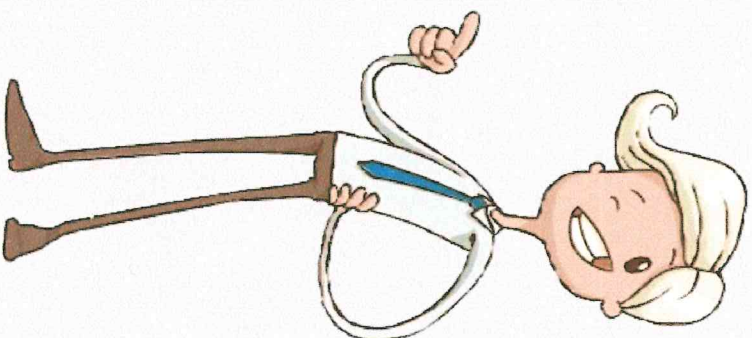
School Food

Try Something New Today

www.schoolfood.ie

Bread, salad, fruit, yoghurt, milk and water are available daily.

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



Try Something New Today