

Lisnagelvin

2016/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Nov 14th Dec 12th Jan 9th Feb 6th Mar 6th	Oven Baked Sausages Irish Stew Baked Beans / Carrots Salad Chips / Mashed Potatoes Decorated Sponge / Fruit Custard	Baked Gammon Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Cabbage / Carrots Salad Fruit Salad Artic Roll (H)	Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Parsley Sauce Flakemeal Biscuits / Fruit Custard (RMF)	Spaghetti Bolognese Chicken Pie with Potato or scones topping. Salad, Broccoli & Carrots Mashed Potatoes Fruit Muffin / Fruit Custard (H)	H/M Chicken Goujons Savoury Wraps Baguettes/Paninis Green beans Herb Dice/Mashed Potatoes & Salad Sermolina / Fruit Crackers & Cheese (RMF)
Week Two Nov 21st Dec 19th Jan 16th Feb 13th Mar 13th	Oven Baked Fish Cheese / Chicken Paninis Peas / White Sauce Salad Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)	Roast Pork Stuffing & Gravy / Salad Dry Oven Roast / Creamed Potatoes Baton Carrots/Cabbage Wholemeal Biscuits Fruit / Custard (H)	Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli Oven Dice/Baby Boiled Potato Salad Rice Pudding & Fruit Cheese & Biscuits (RMF)	Chicken Curry & Rice Stuffed Bacon Rolls Mixed Vegetables, salad Mashed / Baked Potatoes Decorated Mousse Fruit / Ice Cream (H)	Home Made Beef Burger & Bap Savoury Pasta Bake Sweetcorn / Green Beans Salad Chips / Mashed Potatoes Fruit Sponge / Fruit Custard
Week Three Nov 28th Dec 26th Jan 23rd Feb 20th Mar 20th	Spaghetti Bolognese Oven Baked Chicken Nuggets Carrots / salad Baby Boiled / Mashed Potatoes Jelly / Fruit Ice Cream	Roast Turkey Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Cabbage / Carrots Salad Fruit Sponge / Fruit Custard (RMF) (H)	Filled Baguettes / Paninis Oven Baked Beef Burgers & Onion Gravy Peas / Sweetcorn Herb Dice / Mashed Potato / Salad Fruit Cookies / Fruit Custard (H)	Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas Mashed Potatoes Salad Date Squares / Fruit Custard (RMF)	Hot Dogs Lasagne Baked Beans / Carrots Tossed salad / Coleslaw Chips / Mashed Potatoes Wholemeal Biscuits Fruit / Custard
Week Four Nov 7th Dec 05 Jan 2 Jan 30th Feb 27th Mar 27th	Oven Baked Fish Savoury Pizza Green Beans / Mixed Vegetables Salad Mashed / Baked Potatoes Fruit Cracknell / Fruit Custard (RMF)	Roast Beef Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Turnips / Carrots Salad Fruit Crumble Fruit / Custard (H)	Oven Baked Sausages Pasta Bake Baked Beans / Peas & Sweetcorn Salad Chips / Mashed Potato Flakemeal Biscuits / Fruit Custard (RMF)	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffins / Fruit Custard (H)	Home Made Chicken Goujons Cottage Pie Broccoli / Carrots Mashed Potatoes Rice Pudding / Fruit Frozen Yoghurt / Fruit

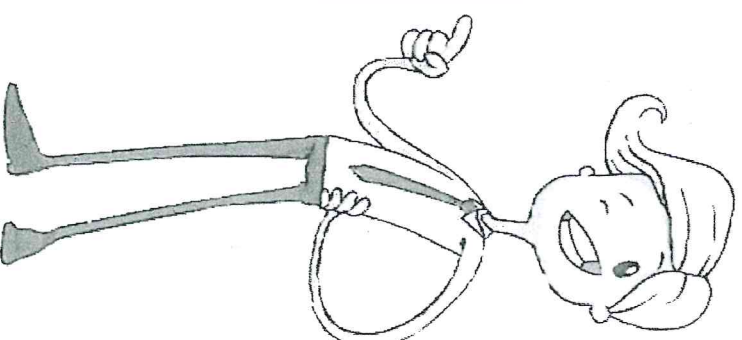
School food

Try Something New Today

www.schoolfoodni.com

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