

Tannaghmore primary school 5 week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 22/1/18	Chicken crumble, fish fingers, gravy, carrots, mashed potatoes Flakemeal biscuit, fruit, Rice pot, yoghurt	Pepperoni /cheese pizza, chicken gougons, mixed veg, salad, gravy mashed potatoes, chips Frozen mousse, fruit, rice pot, yoghurt	Chicken curry & rice, oven baked sausages, gravy, beans, corn, mashed potatoes Rice krispie square, rice pot, yoghurt, fruit	Roast chicken & stuffing, gravy, carrot & parsnip, mashed potatoes Vanilla sponge, fruit, rice pot, yoghurt	Lasagne, steak burgers, peas, coleslaw, salad, gravy, mashed potatoes, chips Chocolate cookie, fruit, Rice pot, yoghurt
Week Two 29/1/18	Shepherds pie, grilled bacon, gravy, beans, turnip, mashed potatoes Chocolate muffin, fruit, rice pot, yoghurt	Chicken wrap, steakburgers, corn, salad, chips, mashed potatoes Jelly, rice pot, fruit, yoghurt	Pasta bolognese, chicken gougons, gravy, mixed veg, mashed potatoes Vanilla icecream, fruit, rice pot, yoghurt	Roast turkey & stuffing, gravy, carrots, broccoli, mashed potatoes chocolate sponge, fruit, rice pot, yoghurt	Chicken curry & rice, Salmon fishcakes, fish fingers, gravy, peas, Mashed potatoes, chips Icecream, rice pot, fruit, yoghurt
Week Three 5/2/18	Savory mince, steak burgers, gravy, cabbage, beans, mashed potatoes Raspberry ripple icecream, rice pot, fruit, yoghurt	Chicken curry & rice, fish fingers, gravy, peas, mashed potatoes, chips Jelly, rice pot, fruit, yoghurt	Roast chicken & stuffing, gravy, cauliflower cheese, carrots, mashed potatoes Chocolate sponge, fruit, rice pot, yoghurt	Pasta bolognese, chicken gougons, gravy, mixed veg, mashed potatoes Vanilla cookie, rice pot, fruit, yoghurt	Chicken wrap, oven baked sausages, corn, coleslaw, mashed potatoes, chips, salad Chocolate muffin, fruit, yoghurt, rice pot
Week Four 19/2/18	Pizza, steak burgers, peas, chips, pasta Frozen mousse, fruit, rice pot, yoghurt	Bbq chicken, fish fingers, gravy, beans, carrots, mashed potatoes, Rice krispie square, fruit, rice pot, yoghurt	Chicken curry & rice, chicken gougons, gravy, corn, mashed potatoes Jelly, rice pot, fruit, yoghurt	Roast chicken & stuffing, gravy, carrot & parsnip, mashed potatoes Choc sponge, rice pot, fruit, yoghurt	Salmon fish cakes, hot dogs, gravy, peas & corn, mashed potatoes, chips Choc cookie, rice pot, fruit, yoghurt
Week Five 26/2/18	Pasta bolognese, fish fingers, gravy, peas, mashed potatoes Flakemeal biscuit, fruit Yoghurt, rice pot	Homemade pizza, chicken gougons, corn, salad, mashed potatoes, chips Vanilla icecream, fruit, yoghurt, rice pots	Chicken curry & rice, grilled bacon, gravy, beans, turnip, mashed potatoes Jelly, rice pots, fruit, yoghurt	Roast pork & stuffing, gravy, cabbage, carrots, mashed potatoes Vanilla sponge, fruit, yoghurt, rice pot	Chicken crumble, steak burger, gravy, mixed veg, mashed potatoes, chips Choc muffin, yoghurt, rice pot, fruit

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

