

Tannaghmore primary school 5 week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 16/4/18	Pasta bolognaise,fish fingers,gravy,peas Mashed potatoes Vanilla icecream,fruit, rice pot,yoghurt	Pepperoni /cheese pizza,chicken gougons, mixedveg,gravy,mashed potatoes,chips. Chocolate cookie,fruit, Rice pot,yoghurt	Chicken curry & rice, sausages,beans, corn,gravy,mashed potatoes Rice krispie square,rice pot, yoghurt,fruit	Roast chicken & stuffing, gravy, carrot & parsnip, mashed potatoes Vanilla sponge,fruit, rice pot,yoghurt	Bbq chicken,steak burgers,peas,gravy, mashed potatoes,chips jelly,fruit, Rice pot,yoghurt
Week Two 23/4/18	Shepherds pie,grilled bacon,,gravy,beans, corn,mashed potatoes Chocolate muffin,fruit, rice pot,yoghurt	Chicken wrap, steakburgers, peas, salad,chips,mashed potatoes Jelly,rice pot,fruit, yoghurt	Pasta bolognaise, chicken gougons,gravy, mixed veg,mashed potatoes Chocolate cookies,fruit, rice pot, yoghurt	Roast turkey & stuffing, gravy, carrots, broccoli, mashed potatoes Jam&coconut sponge,fruit, rice pot,yoghurt	Chicken curry & rice, Salmon fishcakes, fish fingers,gravy,peas, Mashed potatoes,chips Icecream,rice pot,fruit, yoghurt
Week Three 30/4/18	Pasta bolognaise,garlic bread,chicken gougons,gravy,carrots, mashed potatoes Chocolate cookie,fruit, ricepot.yoghurt	Chicken curry &rice, fish fingers,peas,gravy,mash potatoes, chips Flakemeal biscuit,rice pot,fruit, yoghurt	Chicken crumble, grilled bacon,gravy,mixed veg,beans,mashed potatoes Vanilla icecream.fruit.	Roast pork stuffing,gravy carrot & parsnip,mashed potatoes jelly,rice pot, fruit,yoghurt	Chicken wrap,steak burger,gravy,corn mashed potatoes,chips,salad Chocolate muffin,fruit, yoghurt,rice pot
Week Four 7/5/18	OFF	Pasta bolognaise, steakburger,peas,gravy, mashed potatoes, frozen yoghurt,fruit, rice pot,yoghurt	Chicken curry&rice, Sausages,beans,corn, chips Chocolate cookie,rice pot,fruit, yoghurt	Roast chicken&stuffing, gravy,carrots,mashed potatoes Vanilla sponge,fruit, ricepot,yoghurt	Pepperoni/cheese pizza,fish fingers,peas,salad, coleslaw,mashed potatoes,chips
Week Five 14/5/18	Bbq chicken,fish fingers,salmon fish cake,gravy,peas, mashed potatoes Flakemeal biscuit,fruit Yoghurt,rice pot	Chicken curry & rice,chicken gougons,corn,chips mashed potatoes,salad Ricekrispie square,fruit, yoghurt,rice pots	Pasta bolognaise,grilled bacon,gravy, beans, turnip,mashed potatoes Jelly,rice pots,fruit, yoghurt	Roast chicken & 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

