

# Ebrington

# 2016 - 2017

# 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**



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> Nov 14th Dec 12th Jan 9th Feb 6th Mar 6th	H/M Soup & Sandwiches Spaghetti Bolognaise Chicken Pie Potato / Scone Topping / Salad Broccoli & Carrots Mashed Potatoes Fruit Muffin / Fruit Custard (H)	H/M Soup & Sandwiches Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Parsley Sauce Flakemeal Biscuits / Fruit Custard (RMF)	H/M Soup & Sandwiches Baked Gammon Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Cabbage / Carrots Fruit Salad Artic Roll (H)	H/M Soup & Sandwiches H/M Chicken Goujons Savory Wraps / Baguettes Paninis / Salad Green Beans Herb Dice / Mashed Potato Semolina / Fruit Crackers & Cheese (RMF)	H/M Soup & Sandwiches Oven Baked Sausages Irish Stew Baked Beans / Carrots Salad Chips / Mashed Potatoes Decorated Sponge / Fruit Custard
<b>Week Two</b> Nov 21st Dec 19th Jan 16th Feb 13th Mar 13th	H/M Soup & Sandwiches Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli Oven Dice & Baby Boiled Potatoes / Salad Rice Pudding & Fruit Cheese & Biscuits (RMF)	H/M Soup & Sandwiches Chicken Curry & Rice Stuffe Bacon Rolls Mixed Vegetables / Salad Mashed / Baked Potato Decorated Mousse Fruit / Ice Cream	H/M Soup & Sandwiches Roast Meat Dinner Stuffing & Gravy / Salad Dry Oven Roast / Creamed Potatoes Baton Carrots / Cabbage Wholemeal Biscuits Fruit & Custard (H)	H/M Soup & Sandwiches Oven Baked Fish Cheese / Chicken Paninis Peas / White Sauce Salad Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)	H/M Soup & Sandwiches Home Made Beef Burger & Bap / Salad Savoury Pasta Bake Sweetcorn / Green Beans Chips / Mashed Potato Fruit Sponge / Fruit Custard
<b>Week Three</b> Nov 28th Dec 26th Jan 23rd Feb 20th Mar 20th	H/M Soup & Sandwiches Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas Mashed Potatoes / Salad Date Squares / Fruit Custard (RMF)	H/M Soup & Sandwiches Filled Baguettes / Paninis O/B Beef Burgers & Onion Gravy / Salad Peas & Sweetcorn Herb Dice / Mashed Potato Fruit Cookies / Fruit Custard (H)	H/M Soup & Sandwiches Roast Chicken / Turkey Stuffing & Gravy Dry Oven Roast / Creamed Potatoes / Gravy Cabbage & Carrots Fruit Sponge / Fruit Custard (RMF) (H)	H/M Soup & Sandwiches Spaghetti Bolognaise Oven Baked Chicken Nuggets Carrots / Salad Baby Bolied / Mashed Potato Jelly & Fruit Ice Cream	H/M Soup & Sandwiches Hot Dogs Lasagne Baked Beans / Carrots Tossed Salad / Coleslaw Chips / Mashed Potato Wholemeal Biscuits Fruit / Custard
<b>Week Four</b> Nov 7th, Dec 5th Jan 30th Feb 27th, Mar 27th Oct 17th	H/M Soup & Sandwiches Oven Baked Fish Savory Pizza Green Beans / Mixed Vegetables / Salad Mashed / Baked Potato Fruit Cracknel / Fruit Custard (RMF)	H/M Soup & Sandwiches Home Made Chicken Goujons Cottage Pie Broccoli / Carrots Mashed Potato Rice Pudding / Fruit Frozen Yoghurt / Fruit	H/M Soup & Sandwiches Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Creamed Potatoes / Salad Turnips / Carrots Fruit Crumble / Sponge Custard / Fruit (H)	H/M Soup & Sandwiches Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffin / Fruit Custard (H)	H/M Soup & Sandwiches Oven Baked Sausages Pasta Bake Baked Beans / Peas & Corn Salad Chips & Mashed Potatoes Flakemeal Biscuits / Fruit (RMF)

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