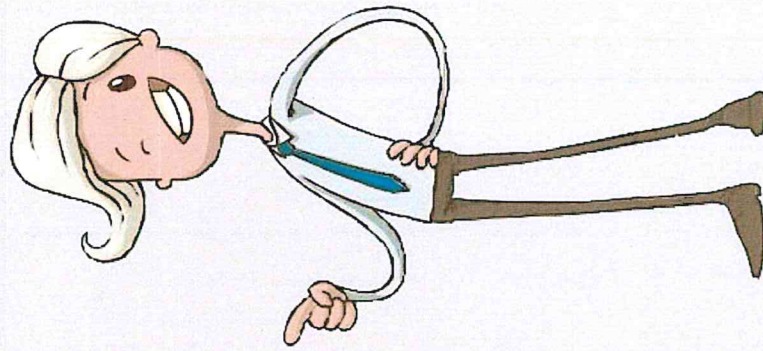


Ebrington Summer Menu 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Spaghetti Bolognese Savoury Pizza Diced Carrots / Gravy Mashed Potatoes Wholemeal Shortbread Biscuit Fruit & Custard (H)	Chicken Curry & Rice Naan Bread Oven Baked Fish Mashed & Baked Potatoes Peas & Sweetcorn Fruit Sponge Fruit & Custard (RMF)	Baked Gammon Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Artic Roll Fruit Salad (H)	Oven Baked Sausages Chicken & Pasta Bake Baked Beans / Broccoli Mashed & Baked Potatoes Gravy Fruit Queen Cake Fruit Juice (RMF)	H/M Beef Burger & Bap Chicken Nuggets Baby Boiled Potatoes / Chips Mixed Vegetables Chocolate Sponge Fruit & Custard
Week Two	Hot Dog Pasta Bake Peas Mashed / Herb Diced Potatoes Date Cookies / Fruit Custard (RMF)	H/M Beef Burger Chicken Curry & Rice Naan Bread Broccoli / Gravy Mashed & Baby Potatoes Apple Sponge & Custard (H)	Roast Meat Stuffing & Gravy Dry Oven Roast Mashed Potatoes Baton Carrots / Cabbage Flakemeal Biscuit / Fruit Custard	Cottage Pie Oven Baked Fish Diced Carrots / Gravy Mashed / Baked Potatoes Fruit Muffins / Fruit Custard	Cheese & Tomato Pizza H/M Chicken Goujons Mashed Potatoes / Chips Baked Beans / Mixed Vegetables Ice - cream Tubs Fruit
Week Three	Oven Baked Sausages Beef Lasagne Mashed / Baked Potatoes Baked Beans / Broccoli Gravy Wholemeal Shortbread Biscuits Fruit & Custard	Hot Chicken Baguettes Beef Burger & Bap Mashed & Herb Diced Potatoes Mixed Vegetables Ice-cream & Fruit Chocolate sauce (H)	Roast Chicken / Turkey Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots / Gravy Fruit Jelly Fruit & Custard (RMF) (H)	Salmon Fish Cakes or Fish Fingers Chicken Tika & Rice Naan Bread / Peas Mashed & Baby Boiled Potatoes Fruit Muffins Fruit & Custard (RMF)	Stuffed Bacon Rolls Cheese & Tomato Pizza Mashed Potatoes / Chips Sweetcorn / Gravy Rice Pudding Fruit / Frozen Mousse
Week Four	Oven Baked Fish Chicken Curry & Rice Naan Bread / Peas Mashed / Baked Potatoes Frozen Yoghurt Fruit (RMF)	Cottage Pie Chicken Goujons Mashed Potatoes Baked Beans / Broccoli Gravy Flakemeal Biscuit / Fruit Custard	Roast Meat Stuffing & Gravy Dry Oven Roast Mashed Potatoes Turnips / Carrots Fruit Crumble / Fruit Custard (H)	Lasagne Cheese & Tomato Pizza Mashed & Herb Diced Potatoes Mixed Vegetables Orange Cookies / Fruit Custard (H)	Chicken Tika Wraps Oven Baked Sausages Baby Boiled Potatoes / Chips Peas & Sweetcorn Decorated Sponge / Fruit Custard (RMF)

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