

PRIMARY MENU - Ampertaine PS

**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
Week One W/C: 02.09.19 W/C: 30.09.19	Pork Pieces In Gravy Garden Peas, Mashed Potatoes & Gravy Or BBQ Chicken Panini, Salad & Coleslaw Sponge topped with Fruit & Custard	Fish Fingers Or Chicken Stew, Mash Potatoes Broccoli, Sweetcorn Gravy Fresh Fruit & Yoghurt	Chicken Curry with Boiled Rice, Naan Bread & Carrot Sticks Or Cottage Pie, Cabbage, Carrots & Gravy Chocolate Brownie with Water Melon	Roast Chicken Stuffing, Baton Carrots Broccoli, Mashed & Oven Baked Dry Roast Potatoes & Gravy Fresh Fruit & Ice Cream	Chicken Bites Salad, Coleslaw, Chips, Beans, Mash Potato Or Pasta (chilli/chicken & pasta) topped with cheese Fresh Fruit & Yoghurt
Week Two W/C: 09.09.19 W/C: 07.10.19	Pasta Bolognaise, Carrot Batons & Crusty Bread Or Chicken Goujon Wrap & Tossed Salad Yoghurt & Pineapple	Steak Burger in Bap, Salad, Or Salmon Fish Cake Coleslaw & Spiced Cubed Potatoes Chocolate & Pear Sponge & Chocolate Sauce	Chicken Curry with Boiled Rice, Garden Peas & Naan Bread Or Filled Baked Potato (Cheese/Tuna&Sweetcorn) & Side Salad Fruit Jelly & Ice-cream	Roast Chicken, Stuffing, Cabbage, Diced Carrots, Mashed & Oven Baked Dry Roast Potatoes & Gravy Fresh Fruit & Yoghurt	Fish Fingers & Beans Or Cheese Pizza Salad, Chips Or Mash Potato Fresh Fruit Or Yoghurt
Week Three W/C: 16.09.19 W/C: 14.10.19	Savoury Mince, Mash Potatoes Carrots Or Chilli Chicken Pasta, Sweetcorn & Crusty Bread Apple Sponge & Custard	Fish Fingers Sweetcorn & Mashed Potatoes Gravy Or Spicy Beef with Noodles with Stir-fry vegetables Crusty Bread Biscuit Fresh Fruit & Yoghurt	Chicken Curry with Boiled Rice, Carrot Sticks & Naan Bread Or Hot Filled BBQ Chicken Baguette Salad & Coleslaw Chocolate Cookie, Milk & Yellow Melon	Roast Turkey, Stuffing, Carrot & Parsnip, Mashed & Oven Baked Dry Roast Potatoes & Gravy Milk Pudding & Fruit	Sausages, Beans, Chips Mash Potatoes Or Lasagne, Sweetcorn & Tossed Salad/Chips Fresh Fruit Or Yoghurt
Week Four W/C: 23.09.10 W/C: 21.10.19	Fish Fingers, Mushy Peas & Mashed Potatoes Gravy Or Spicy Chicken Tacos & Salad Fresh Fruit & Yoghurt	Pasta Bolognaise Or Steak Burger in Bap, Salad Coleslaw, Diced Potatoes Wheaten Bread Fresh Fruit & Yoghurt	Chicken Curry with Boiled Rice, Baton Carrots & Naan Bread Or Sweet Chilli Chicken Noodles with Stir-fry Vegetables & Naan Bread Fruit Sponge & Custard	Roast Beef, Baton Carrots, Cauliflower, Mashed & Oven Baked Dry Roast Potatoes & Gravy Shortbread Biscuit & Frozen Yoghurt	Hot Chilli Chicken Wrap Or Cheese Pizza Tossed Salad, Beans Coleslaw, Chips/Mash Potato Fresh Fruit Or Yoghurt

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