

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 03.01.22			Chicken Nuggets Garden Peas/ Herb Diced Potatoes Red Sauce Ice Cream & Peaches	Chicken Curry with Boiled Rice, Naan Bread Or Chicken Stew Carrots in Gravy Mash Potatoes, Broccoli Chocolate Brownie with Custard	Fish Fingers & Beans Salad, Chips, Mash Potato Or Pasta Bake Salad, Coleslaw Fresh Fruit & Yoghurt
Week Two 10.01.22	Oven Baked Fish Fingers Or Salmon Fish Cake Mash Potatoes Broccoli Gravy Chocolate Sponge & Custard	Pasta Bolognaise, Carrot Batons & Crusty Bread Or Chicken Goujon Wrap & Tossed Salad/ Homemade Potato Wedges Trio Of Fruits & Yoghurt	Steak Burger in Bap, Coleslaw & Homemade Spiced Cubed Potatoes Salad Strawberries & Shortbread Biscuit	Roast Chicken/Roast Beef Stuffing Diced Carrot & Parnips Oven Baked Dry Roast & Mashed Potatoes with Gravy Fruit Salad & Frozen Yoghurt	Cheese Pizza Chips/Beans Mash Potato/Salad Savoury Rice Fresh Fruit & Yoghurt
Week Three 17.01.22	Chicken Curry with Boiled Rice, Carrot Sticks & Naan Bread Or Irish Stew & Wheaten Bread Yellow Melon & Yoghurt	Savoury Mince Or Cheese Pizza, Mash Potatoes Peas, Carrots Gravy Strawberry Swiss Roll & Custard	Oven Baked Fish Fingers Mash Potatoes Sweetcorn, Peas Gravy Chocolate Cookie Milkshake Chunk Banana	Roast Turkey, Stuffing, Carrots, Cabbage Mashed & Oven Baked Dry Roast Potatoes & Gravy Milk Pudding & Pears	Sausages, Beans, Chips/Baked Potato Or Lasagne, Tossed Salad/Chips Fresh Fruit & Yoghurt
Week Four 24.01.22	Oven Baked Fish Fingers Or Savoury Mince Mash Potatoes, Peas Carrots Gravy Watermelon Slice &Frozen Yoghurt	Pasta Bolognaise, Carrot Batons & Crusty Bread Or Homemade Chicken Goujons Spiced Cube Potatoes Coleslaw/Salad Plain Cookie/Grapes	Oven Baked Sausages Mash Potatoes Broccoli/carrots Gravy Chocolate Muffin/Banana and Milkshake	Roast Chicken Baton Carrots,Cauliflower Mashed & Oven Roast Potatoes & Gravy Fresh Fruit Topped Meringue Shell Drizzled With Custard	Beef Burger Chips/Beans Salad/Potato Or Chicken Fried Rice Curry Sauce Fresh Fruit & Yoghurt

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