




























































WINTER MENU

FIRST & PRIMARY SCHOOL

WEEK ONE

Week beginning - 7.11.16, 28.11.16, 3.1.17,
23.1.17, 13.2.17, 27.2.17, 20.3.17

-  Homemade Dish
-  Celery
-  Cereals Containing Gluten
-  Crustaceans
-  Eggs
-  Fish
-  Lupin
-  Milk
-  Molluscs
-  Mustard
-  Nuts
-  Peanuts
-  Sesame Seeds
-  Soya
-  Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	<p>Homemade Margarita or Pepperoni Pizza</p> <p>  </p> <p>Jacket Potato with a Choice of Fillings</p> <p>    </p>	<p>Homemade Mince Pie</p> <p>  </p> <p>Jacket Potato with a Choice of Fillings</p> <p>    </p>	<p>Roast Turkey with Yorkshire Pudding</p> <p>    </p> <p>Jacket Potato with a Choice of Fillings</p> <p>    </p>	<p>Salmon portion</p> <p>  </p> <p>Jacket Potato with a Choice of Fillings</p> <p>    </p>	<p>Grilled Sausage</p> <p></p> <p>Jacket Potato with a Choice of Fillings</p> <p>    </p>
Potatoes Pasta/Rice	Jacket Potato Wedges	Parsley Pots 	Creamed Potatoes	Wedges	Chips
Vegetables	Sweetcorn Broccoli	Cauliflower Carrots	Cabbage / Swede Brussel Sprouts	Carrots Green Beans	Baked Beans Garden Peas
Salad Bowl	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Fruity Chocolate Brownie with a Glass of Juice    	Iced Marble Cake with Custard    	Fruit and Arctic Roll   	Ginger sponge and white sauce    	Mousse Slice   



Fresh Fruit, Yoghurt and Bread available daily
Drinking Water is Available Daily on the Dining Room Tables

WINTER MENU

FIRST & PRIMARY SCHOOL

WEEK TWO

Week beginning- 14.11.16, 5.12.16,
19.1.17, 30.1.17, 6.3.17, 27.3.17



Homemade Dish



Celery



Cereals Containing Gluten



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame Seeds



Soya



Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Chicken Casserole Jacket Potato with a Choice of Fillings 	Savoury Mince with Dumplings Jacket Potato with a Choice of Fillings 	Gammon with Yorkshire Pudding Jacket Potato with a Choice of Fillings 	Homemade Beef Lasagne Jacket Potato with a Choice of Fillings 	Cheese and Tomato Quiche Jacket Potato with a Choice of Fillings
Potatoes Pasta / Rice	Rice	Creamed Potatoes 	Creamed Potatoes 	Garlic Bread	Chips
Vegetables	Broccoli Cauliflower	Garden Peas Carrots	Cabbage / Swede Brussel Sprouts	Sweetcorn Green Beans	Baked Beans Mixed Vegetables
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Fruit Muffin with a Glass of Juice 	Chocolate sponge with Chocolate Sauce 	Oaty Biscuit with milk 	Pears with Chocolate Sauce 	Fruit sponge with Custard

WINTER MENU

FIRST & PRIMARY SCHOOL

WEEK THREE

Week beginning- 21.11.16, 12.12.16,
16.1.17, 6.2.17, 13.3.17, 3.4.17.

- Homemade Dish

Celery

Cereals Containing Gluten

Crustaceans

Eggs
- Fish

Lupin

Milk

Molluscs































































Mustard
- Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Tomato or Tuna Mozzarella Wrap    Jacket Potato with Various Fillings     	Spaghetti Bolognaise   Jacket Potato with Various Fillings     	Roast Chicken with Yorkshire Pudding     Jacket Potato with Various Fillings     	Chicken Curry   Jacket Potato with Various Fillings     	Fish Portion    Jacket Potato with Various Fillings     
Potatoes Pasta / Rice	Jacket Potato Wedges	Garlic Bread  	Parsley Potatoes 	Rice	Chips
Vegetables	Sweetcorn Broccoli	Carrots Garden Peas	Cabbage Swede Brussel Sprouts	Mixed Vegetables Green Beans	Baked Beans Garden Peas
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Tutti Frutti Cake    	Eves Sponge with Custard    	Homemade Jam & Cream Scone    	Bakewell Tart with Custard    	Steamed Syrup sponge with Custard    



Fresh Fruit, Yoghurt and Bread available daily
 Drinking Water is Available Daily on the Dining Room Tables