

# PRIMARY MENU - Ampertaine PS

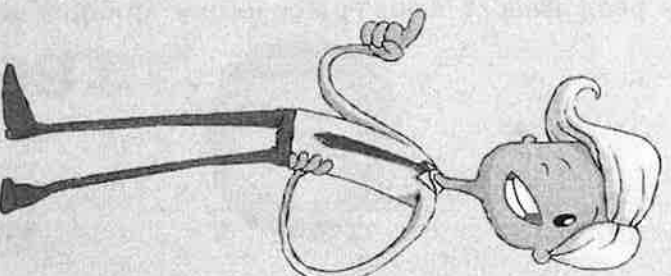
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Chicken Curry with Boiled Rice, Naan Bread & Carrot Sticks Or Chicken Stew Carrots in Gravy Mash Potatoes, Broccoli Chocolate Brownie with Chocolate Sauce	Beef stew in Gravy Or Cottage Pie, Cabbage, Carrots Mash Potatoes Gravy Watermelon Slice & Yoghurt	Chicken Nuggets Garden Peas/Mash Potato Gravy/Tomato Sauce	Roast Chicken Stuffing, Baton Carrots Broccoli, Mashed & Oven Baked Dry Roast Potatoes & Gravy	Breaded Fish Fingers Beans Chips, Mash Potato Or Pasta Bake Salad, Coleslaw
<b>20.12.21</b>			Kiwi & Strawberry Egg Sponge Square Hot Dog £1.20 22.12.21	Fruit Topped With Ice Cream	Fresh Fruit & Yoghurt
<b>Week Two</b>	Pasta Bolognaise, Carrot Batons & Crusty Bread Or Chicken Goujon Wrap & Tossed Salad/ Homemade Potato Wedges Trio Of Fruits & Yoghurt	Oven Baked Fish Fingers Or Salmon Fish Cake Mash Potatoes Broccoli/Gravy	Steak Burger in Bap, Coleslaw & Homemade Spiced Cubed Potatoes Salad	Roast Chicken/Roast Beef Stuffing Diced Carrot & Parsnips Oven Baked Dry Roast & Mashed Potatoes with Gravy Fresh Fruit Salad & Frozen Yoghurt	Cheese Pizza Chips/Beans Mash Potato/Salad Savoury Rice
<b>29.11.21</b>		Chocolate Sponge & Custard	Strawberry Shortcake Stack		Fresh Fruit & Yoghurt
<b>Week Three</b>	Chicken Curry with Boiled Rice, Carrot Sticks & Naan Bread Or Irish Stew & Wheaten Bread	Savoury Mince Or Cheese Pizza, Mash Potatoes Peas, Carrots Gravy	Oven Baked Fish Fingers Mash Potatoes Sweetcorn, Peas Gravy	Roast Turkey, Stuffing, Carrots, Peas Mashed & Roast Potatoes Cocktail Sausage/Gravy Orange Juice Jelly & Icecream	Beans, Chips/Baked Potato Sausages, Fresh Fruit & Yoghurt
<b>06.12.21</b>		Yellow Melon & Yoghurt	Chocolate Cookie Milkshake Chunk Banana	<b>Christmas Dinner</b>	Fresh Fruit & Yoghurt
<b>Week Four</b>	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 Cookle/Grapes	Oven Baked Sausages Mash Potatoes Broccoli/carrots Gravy	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
<b>13.12.21</b>					

## School food

Try Something New Today  
www.schoolfoodni.com

Bread, salad, fruit, yoghurt, milk and water are available daily. £2.60

If you require any additional information on allergens or special diet please contact the school in the first instance.



Try something new today