

Larne and Inver Primary School 2017 – 2018

MENU - Four weekly cycle

Beginning: Week 1 – Tuesday 29th August 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Fish Fingers OR Cheese Omelette Peas and Sweetcorn Chips or Baked Potato Yoghurt & Fruit	Pasta Bolognese OR Chicken & Broccoli Bake Mixed Vegetables Milkshake, Biscuit & Fruit	Roast Chicken & Stuffing, Carrot, Parsnip, Dry Roast Potatoes & Gravy Date Fudge & Custard	Sausage & Bean Pie (turnip and potato topping) Mixed Vegetables OR Chicken Casserole, Turnip & Potatoes Chocolate Pear Sponge & Custard	Meatballs In Tomato Sauce, Carrots & Oven Diced Potatoes OR Chicken Curry & Rice Semolina & Fruit
WEEK 2	Steak Burger OR Chilli Chicken Wrap Mixed vegetables Chips or Baked Potato Yoghurt & Fruit	Chicken Curry & Rice OR Baked Potato (with Cheese & Beans or Curry Sauce) Arctic Roll & Yoghurt	Roast Pork, Turnip, Dry Roast Potatoes & Gravy Apple Sponge & Custard	Spaghetti Bolognese & Carrots OR Chicken Fried Rice & Chilli Sauce Smoothie & Fruit	Sausage, Peas, Sweetcorn & Creamed Potatoes OR Fish Fingers, Peas, Sweetcorn & Creamed Potatoes Chocolate & Pear Sponge & Custard
WEEK 3	Chicken Nuggets OR Salmon Bites Mixed Vegetables Chips or Baked Potato Yoghurt & Fruit	Chicken Pasta Bake & BBQ Sauce OR Cottage Pie, Turnip & Oven Diced Potatoes Fruit Sponge & Custard	Roast Chicken & Stuffing, Cabbage, Dry Roast Potatoes & Gravy Jelly, Yoghurt & Fruit	Chicken & Cheese Panini & Salad OR Cheese & Tomato Pizza, Beans & Potatoes Banana Muffin & Custard	Chicken Curry, Rice & Vegetables OR Irish Stew Frozen Mousse & Biscuit
WEEK 4	Chicken Goujons OR Cheese Pizza Beans Chips or Baked Potato Yoghurt & Fruit	Spaghetti Bolognese OR Chicken Pie, Turnip & Creamed Potatoes Rice Pudding & Fruit	Roast Gammon, Cabbage, Dry Roast Potatoes & Gravy Chocolate & Pear Sponge & Custard	Chicken Curry & Rice OR Fish Bites, Peas, Sweetcorn & Oven Baked Dice Potatoes Ice Cream & Chocolate Sauce	Vegetable broth, Steakburger in a Bap & Salad Biscuit, Milkshake & Fruit

Each meal (except Wednesday) has a choice of main course and a set dessert. Unfortunately the menu may change due to circumstances beyond our control.

Bread, Milk, Water, Yoghurt & Fresh Fruit are available daily. Please contact the Principal if your child has any allergies/dietary requirements.