

Longtower Ps Winter Menu 2017/2018

**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 Nov 20th Dec 18th Jan 22nd Feb 19th Mar 19th	H/M Chicken Goujons Savoury Wraps Baguettes/Paninis Green beans Herb Dice/Mashed Potatoes & Salad Semolina / Fruit Crackers & Cheese (RMF)	Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Parsley Sauce Flakemeal Biscuits / Fruit Custard (RMF)	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Fruit Salad Artic Roll (H)	Spaghetti Bolognaise Cheese and Tomato Pizza or scone topping. Salad, Broccoli & Carrots Mashed Potatoes Fruit Muffin / Fruit Custard (H)	Oven Baked Sausages Irish Stew Baked Beans / Carrots Salad Chips / Mashed Potatoes Decorated Sponge / Fruit Custard
Week Two Nov 27th Jan 1st Jan 29th Feb 26th Mar 26th	Chicken Curry & Rice Cottage Pie Mixed Vegetables, salad Mashed / Baked Potatoes Decorated Mousse Fruit / Ice Cream (H)	Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli Oven Dice/Baby Boiled Potato Salad Rice Pudding & Fruit Cheese & Biscuits (RMF)	Roast Meat Dinner Stuffing & Gravy / Salad Dry Oven Roast / Mashed Potatoes Baton Carrots/Cabbage Wholemeal Biscuits Fruit / Custard (H)	Oven Baked Fish Cheese / Chicken Paninis Peas / White Sauce Salad Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)	Home Made Beef Burger & Bap / Salad Savoury Pasta Bake Sweetcorn / Green Beans Chips / Mashed Potatoes Fruit Sponge / Fruit Custard
Week Three Nov 6th Dec 4th Jan 8th Feb 5th Mar 5th Apr 2nd	Spaghetti Bolognaise Oven Baked Chicken Nuggets Carrots / salad Baby Boiled / Mashed Potatoes Jelly / Fruit Ice Cream	Filled Baguettes / Paninis Oven Baked Beef Burgers & Onion Gravy Peas / Sweetcorn Herb Dice / Mashed Potato / Salad Fruit Cookies / Fruit Custard (H)	Roast Chicken/Turkey Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Fruit Sponge / Fruit Custard (RMF) (H)	Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas Mashed Potatoes Salad Fruit Salad / Yoghurt Custard (RMF)	Hot Dogs Lasagne Baked Beans / Carrots Tossed salad / Coleslaw Chips / Mashed Potatoes Wholemeal Biscuits Fruit / Custard
Week Four Nov 13th Dec 11th Jan 15th Feb 12th Mar 12th	Oven Baked Fish Savoury Pizza Green Beans / Mixed Vegetables Salad Mashed / Baked Potatoes Fruit Sponge / Fruit Custard (RMF)	Home Made Chicken Goujons Cottage Pie Broccoli / Carrots Mashed Potatoes Rice Pudding / Fruit Frozen Yoghurt / Fruit	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Turnips / Carrots Salad Fruit Crumble / Sponge Fruit / Custard (H)	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffins / Fruit Custard (H)	Oven Baked Sausages Pasta Bake Baked Beans / Peas & Sweetcorn Salad Chips / Mashed Potato Flakemeal Biscuits / Fruit Custard (RMF)

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