Knockavoe 2015 - 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2nd Nov, 30th Nov, 28thDec, 25th Jan, 22nd Feb, 21st Mar	Oven Baked Sausages Beef Lasagne Baked Beans / Carrots Salad Chips / Mashed Potatoes Decorated Sponge / Fruit Custard	Chicken Curry & Rice Cottage Pie Peas / Salad Mashed Potatoes Flakemeal Biscuits / Fruit Custard (H)	Salmon Fish Cakes Chicken Pie Potato Topping / Salad Broccoli / Carrots Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)	Baked Gammon Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Cabbage / Carrots Salad Fruit Salad Artic Roll (H)	H/M Chicken Goujons Savoury Wraps / Baguettes Green Beans Herb Dice / Mashed Potatoes / Salad Semolina / Fruit Crackers & Cheese (RMF)
Week Two 9th Nov, 7th Dec, 4th Jan, 1st Feb, 29th Feb, 28th Mar,	Chicken Tika & Rice Stuffed Bacon Rolls 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 Potatoes Salad Rice Pudding & Fruit Cheese & Biscuits (RMF)	Roast Loin of Pork / Apple Sauce Stuffing & Gravy / Salad Dry Oven Roast / Creamed Potatoes Baton Carrots / Cabbage Wholemeal Biscuits / Fruit / Custard (H)	Home Made Beef Burger & Bap Savoury Pasta Bake Sweetcorn / Green Beans Salad Chips / Mashed Potatoes Fruit Sponge / Fruit Custard	Oven Baked Fish Cheese / Chicken Paninis Peas / White Sauce Salad Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)
Week Three 16th Nov, 14th Dec, 11th Jan, 8th Feb, 7th Mar,	Spaghetti Bolognaise Savoury Wraps / Paninis Carrots salad Baby Boiled / Mashed Potatoes Jelly / Fruit Ice Cream (H)	Filled Baguettes Oven Baked Beef Burgers & Onion Gravy Peas / Sweetcorn Herb Dice / Mashed Potatoes / Salad Fruit Cookies / Fruit Custard	Chicken Curry & Rice Oven Baked Fish Broccoli / Peas Mashed Potatoes Salad Date Squares / Fruit Custard (RMF)	Roast Chicken / Turkey Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Cabbage / Carrots Salad Fruit Sponge / Fruit Custard (RMF) (H)	Hot Dogs Lasagne Baked Beans / Carrots Tossed salad / Coleslaw Chips / Mashed Potatoes Wholemeal Biscuits Fruit / Custard
Week Four 23rd Nov, 21st Dec, 18th Jan, 15th Feb 14th Mar,	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffins / Fruit Custard (H)	Oven Baked Sausages Chicken Casserole Baked Beans / Peas & Sweetcorn Salad Chips / Mashed Potatoes Flakemeal Biscuits / Fruit Custard (RMF)	Roast Beef / Pork Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Turnips / Carrots Salad Fruit Crumble / Sponge Fruit / Custard (H)	Oven Baked Fish Pasta Bolognaise Green Beans / Mixed Vegetables Salad Mashed / Baked Potatoes Fruit Cracknell / Fruit Custard	Home Made Chicken Goujons Savoury Pizza / Salad Broccoli / Carrots Mashed Potatoes Rice Pudding / Fruit Frozen Yoghurt / Fruit (RMF)

school food

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www.schoolfoodni.com

Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily.

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

