

# Knockavoe

# 2016/2017

# school food

Try Something New today

[www.schoolfoodni.com](http://www.schoolfoodni.com)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> Nov 14th Dec 12th Jan 9th Feb 6th Mar 6th	Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Parsley Sauce Flakemeal Biscuits / Fruit Custard <b>(RMF)</b>	Oven Baked Sausages Irish Stew Baked Beans / Carrots Salad Chips / Mashed Potatoes Decorated Sponge / Fruit Custard	Spaghetti Bolognaise Chicken Pie with Potato or scone topping. Salad, Broccoli & Carrots Mashed Potatoes Fruit Muffin / Fruit Custard <b>(H)</b>	Baked Gammon Stuffing & Gravy Dry Oven Roast /Creamed Potatoes Cabbage / Carrots Salad Fruit Salad Artic Roll <b>(H)</b>	H/M Chicken Goujons Savoury Wraps Baguettes/Paninis Green beans Herb Dice/Mashed Potatoes & Salad Semolina / Fruit Crackers & Cheese <b>(RMF)</b>
<b>Week Two</b> Nov 21st Dec 19th Jan 16th Feb 13th Mar 13th	Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli Oven Dice/Baby Boiled Potato Salad Rice Pudding & Fruit Cheese & Biscuits <b>(RMF)</b>	Chicken Curry & Rice Stuffed Bacon Rolls Mixed Vegetables, salad Mashed / Baked Potatoes Decorated Mousse Fruit / Ice Cream <b>(H)</b>	Oven Baked Fish Cheese / Chicken Paninis Peas / White Sauce Salad Mashed Potatoes Fruit Muffin / Fruit Custard <b>(RMF)</b>	Roast Meat Dinner Stuffing & Gravy / Salad Dry Oven Roast / Creamed Potatoes Baton Carrots/Cabbage Wholemeal Biscuits Fruit / Custard <b>(H)</b>	Home Made Beef Burger & Bap Savoury Pasta Bake Sweetcorn / Green Beans Salad Chips / Mashed Potatoes Fruit Sponge / Fruit Custard
<b>Week Three</b> Nov 28th Dec 26th Jan 23rd Feb 20th Mar 20th	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 <b>(H)</b>	Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas Mashed Potatoes Salad Date Squares / Fruit Custard <b>(RMF)</b>	Roast Chicken/Turkey Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Cabbage / Carrots Salad Fruit Sponge / Fruit Custard <b>(RMF) (H)</b>	Hot Dogs Lasagne Baked Beans / Carrots Tossed salad / Coleslaw Chips / Mashed Potatoes Wholemeal Biscuits Fruit / Custard
<b>Week Four</b> Nov 7th, Dec-05 Jan 2, Jan 30th Feb 27th, Mar 27th	Oven Baked Fish Savoury Pizza Green Beans / Mixed Vegetables Salad Mashed / Baked Potatoes Fruit Cracknell / Fruit Custard <b>(RMF)</b>	Oven Baked Sausages Pasta Bake Baked Beans / Peas & Sweetcorn Salad Chips / Mashed Potato Flakemeal Biscuits / Fruit Custard <b>(RMF)</b>	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffins / Fruit Custard <b>(H)</b>	Roast Meat Dinner Stuffing & Gravy Dry Oven Roast / Creamed Potatoes Turnips / Carrots Salad Fruit Crumble / Sponge Fruit / Custard <b>(H)</b>	Home Made Chicken Goujons Cottage Pie Broccoli / Carrots Mashed Potatoes Rice Pudding / Fruit Frozen Yoghurt / Fruit



**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**

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