

Knockavoe

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 9 th Jan 6 th Feb 6 th Mar 3 rd April 1 st May 29 th May 26 th June	Chicken Bites or Chicken Stir Fry Potatoes/Noodles Selection of salads Selection of vegetables Baked Beans/Gravy Fruit Sponge & Custard	Margherita Pizza or Spaghetti Bolognese Crusty bread Potato Wedges Selection of salads Selection of vegetables Raspberry Ripple Ice Cream & tinned fruit	Breast of Chicken Curry with Boiled Rice & Naan Bread or Chicken & Cheese Panini Creamed potatoes Selection of salads Selection of vegetables Chocolate & Pear Sponge with Custard	Roast chicken or Salmon Fish Cake Traditional Stuffing/Gravy Selection of vegetables Oven Dry Roast & Mashed Potato Cookies with Custard Fruit	Fish Fingers or Cheese/Burger in a Bap Selection of salads Mixed Vegetables Chipped Potato Fresh Fruit Selection & Yoghurts
WEEK 2 16 th Jan 13 th Feb 13 th Mar 10 th April 8 th May 5 th June	Chicken Tikka with Boiled Rice & Naan Bread or Margherita Pizza Potato Wedges Selection vegetable Selection of salads Apple Sponge & Custard	Breaded Fish Fillets or Lasagne & Crusty Bread Selection salads Selection of vegetable Mashed Potato Fresh fruit Frozen Yoghurt	Oven Baked Sausages or Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Tinned fruit	Roast Gammon or Fish Bites Traditional Stuffing/Gravy Selection of vegetable Oven Roast Dry & Mashed Potato Chocolate Brownie with Custard	Steak Burger & Bap or Filled Panini Chipped Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit & Custard
WEEK 3 23 rd Jan 20 th Feb 20 th Mar 17 th April 15 th May 12 th June	Breaded Chicken Bites or Chicken Pie with Scone Topping Selection of salad Selection of vegetable Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Custard Sauce	Irish Stew & Wheaten Bread Selection of salads Mashed Potato Selection of vegetable Fruit Sponge & Custard	Breast of Chicken Curry & Rice, Naan Bread, or Oven Baked Beef Burger Baby Boiled/Mashed Potatoes, Selection of salads Selection of vegetables Frozen Yoghurt & Fresh Fruit Selection	Roast Meat or Salmon Fish Cake Traditional Stuffing, Gravy Selection of vegetable Oven Dry Roast & Mashed Potatoes Fruit Crumble & Custard	Hot Dog or Pasta Bake Selection of vegetable Selection of salads Chips Shortbread Biscuits & Fresh Fruit
WEEK 4 30 th Jan 27 th Feb 27 th Mar 24 th April 22 nd May 19 th June	Spaghetti Bolognese Crusty Bread or Cheese & Tomato Pizza Selection of salads Selection of vegetables Cookie and custard	Breast of Chicken Curry with Boiled Rice & Naan Bread, or Fish Fingers selection of salads selection of vegetable Mashed Potato Fruit Sponge & Custard	Oven Baked Sausages or Cottage Pie Selection of vegetable Selection of salad Mashed Potato & Gravy Fruit Muffin & Custard	Roast Turkey or Oven Baked Sausage Traditional Stuffing/Gravy Selection of vegetables Oven Dry Roast & Mashed Potato Chocolate Brownie and Fresh Fruit	HM Breaded Chicken Bites or Filled Panini Baked Beans Chipped Potato Tossed Salad/Coleslaw Jelly, Ice Cream & Fresh Fruit

Breads
Milk, Water
A Choice of
Fresh Fruit &
Yoghurt
Available Daily

If you require any
additional
information on
Allergens or
Special Diets,
please contact
the School to
complete a
Special Diets
Application Form

Potatoes/Gravy/
Pasta
Available Daily



Menu may be subject to change