

# Abernethy Nethybridge

## Sample Menu Primary Schools



	Breakfast	Packed lunch	Dinner		Supper
Monday			Starter	Apple juice	Cupcakes
			Main	Meatballs with tomato sauce	
			Veggie	Veggie balls with tomato sauce	
			Sides	Pasta, broccoli, carrot sticks	
			Pudding	Bananas, ice cream and toffee sauce	
Tuesday	Orange juice Bacon & hash brown in a roll (fried egg for vegetarians) Porridge	Sliced cheese Ham Tuna mayo Cuumber & tomato	Starter	Melon	Flapjack
			Main	Cheese and tomato pizza	
			Veggie	Cheese and tomato pizza	
			Sides	Potato wedges, cucumber sticks, sweetcorn	
			Pudding	Angel delight	
Wednesday	Apple juice Pancakes with berry compote & sliced banana Porridge	Sliced cheese Pepperoni Home-made houmous Cucumber & carrot sticks Pizza rolls	Starter	Poppadoms and mango chutney	Banana Bread
			Main	Chicken, sweet potato and lentil curry	
			Veggie	Sweet potato and lentil curry	
			Sides	Rice, naan bread, green beans	
			Pudding	Choc fudge pudding	
Thursday	Orange juice Fried egg, potato waffle, baked beans Porridge	Sliced cheese Chicken Egg mayo Cucumber & tomato Sausage rolls	Starter	Tomato soup	Campfire S'mores
			Main	Breaded fish or fish fingers	
			Veggie	Vegetable burger	
			Sides	Chips, peas, coleslaw	
			Pudding	Apple crumble & custard	
Friday	Apple juice Croissants and pain au chocolat, Greek yoghurt, fresh fruit platter Porridge	Sliced cheese Ham Home-made houmous Cucumber & carrot sticks			

- Breakfast includes cereals (Cornflakes, Bran Flakes, Rice Crispies, Weetabix and home-made granola) and toast (white & brown). (Gluten free cereals/options are available)

- Packed lunches include bread (white & brown), spreads, a selection of sandwich fillings (listed above), fruit, a packet of crisps and a small chocolate biscuit/wafer bar or similar.

- Fresh fruit is available in the dining room at any time.