

## Marton-cum-Grafton CE VA Primary School 3 Week Menu

Jan 18

	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>
<b>M O N D A Y</b>	Organic Beefburger in Homemade Bun Peas & Sweetcorn Chipped Potatoes  Chewy Oat & Seed Bar Fresh Fruit & Organic Yoghurt	Quorn & Vegetable Fajhita Broccoli & Sweetcorn Potato Wedges Herbie Bread  Rhubarb & Apple Crumble And Custard Fresh Fruit & Organic Yoghurt	Margarita Pizza Veg Sticks Fruity Pasta Salad Garlic Bread  Grannie's Crunch & ¼ Orange Fresh Fruit & Organic Yoghurt
<b>T U E S D A Y</b>	Bangers & Mash Onion Gravy Medley of Vegetables Crusty Wholemeal Baguette  Carrot Cake Muffin Fresh Fruit & Organic Yoghurt	Chicken Korma & Rice Green Beans Carrots  Treacle Sponge & Custard Fresh Fruit & Organic Yoghurt	Bacon & Tomato Pasta Broccoli Sweetcorn Wholemeal Bread  Apple Strudel & Custard Fresh Fruit & Organic Yoghurt
<b>W E D N E S D A Y</b>	Roast Chicken & Gravy Carrots Savoy Cabbage Roast Potatoes Sliced Wholemeal Bread  Rice Pudding & Mandarins Fresh Fruit & Organic Yoghurt	Roast Pork, Apple Sauce Gravy Savoy Cabbage Swede Creamed Potatoes  Digestive Biscuit, Cheese & Grapes Fresh Fruit & Organic Yoghurt	Beef Cobbler Medley of Vegetables Sweet Potato Mash Poppy Seed Bread  Date, Oat & Ginger Cookie with a Glass of Milk Fresh Fruit & Organic Yoghurt
<b>T H U R S D A Y</b>	Mexican Beef Chilli & Rice Peas Sweetcorn Sunflower Seed Bread  Chocolate Pear Fudge Pudding with Chocolate Sauce Fresh Fruit & Organic Yoghurt	Pasta Bolognaise Peas Carrots Tomato Bread  Orange Brownie & Custard Fresh Fruit & Organic Yoghurt	Chicken Stir-Fry with Noodles Cauliflower Roast Carrots Crusty Wholemeal Baguette  Lemon Drizzle Cake & Custard Fresh Fruit & Organic Yoghurt
<b>F R I D A Y</b>	Fish Fingers Carrot Sticks Apple Salad Diced Potatoes Pitta Bread  Forest Fruits Flapjack Fresh Fruit & Organic Yoghurt	Breaded Salmon Nibbles Tomato Sauce Broccoli & Sweetcorn Saute Potatoes Oaty Brown Bread  Shortbread Finger & Yoghurt Fresh Fruit & Organic Yoghurt	Battered Fish Peas Coleslaw Chipped Potatoes Sliced Wholemeal Bread  Raspberry Bun & Apple Wedge & Organic Yoghurt