

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

Jan 18

	WEEK 1	WEEK 2	WEEK 3
M O N D A Y	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
T U E S D A Y	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
W E D N E S D A Y	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
T H U R S D A Y	Mexican Beef Chilli & Rice Peas Sweetcorn Sunflower Seed Bread Chocolate Pear Fudge Pudding with Chocolate Sauce Fresh Fruit & Organic Yoghurt	Pasta Bolognese 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
F R I D A Y	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