

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

Sept 17

NAME _____

	WEEK 1	WEEK 2	WEEK 3
M O N D A Y	Breaded Salmon Portion Broccoli Sweetcorn Chipped Potatoes Tomato Bread Sticky Toffee Pudding & Custard Fresh Fruit or Yoghurt	Battered Fish Green Beans Sweetcorn Saute Potatoes Sunflower Seed Bread Chocolate Pear Sponge & Custard Fresh Fruit or Yoghurt	Fish Fingers Sweetcorn Baked Beans Chipped Potatoes Herbie Bread Chocolate Krispie Fresh Fruit or Yoghurt
T U E S D A Y	Minced Beef & Dumplings Roast Parsnips Carrots Boiled Potatoes Sliced Wholemeal Bread Rice Pudding & Mandarins Fresh Fruit or Yoghurt	Roast Chicken & Gravy Carrots Cauliflower Cheese Roast Potatoes Sliced Wheatgerm Bread Flapjack Fresh Fruit or Yoghurt	Chicken Tikka Carrots Peas Brown Rice Pitta Bread Chocolate Berry Sponge & Custard Fresh Fruit or Yoghurt
W E D N E S D A Y	Chicken Korma Mixed Vegetables Broccoli Brown Rice Naan Bread Chocolate Mandarin Sponge & Custard Fresh Fruit or Yoghurt	Minced Beef Hotpot Sweetcorn Broccoli Herbie Bread Apple Crumble & Custard Fresh Fruit or Yoghurt	Sausages Yorkshire Pudding Green Beans & Cauliflower Roast Potatoes Sliced Wholemeal Bread Lemon Shortbread & Yoghurt Fresh Fruit or Yoghurt
T H U R S D A Y	Organic Pork Meatballs Gravy Carrots & Green Beans Pasta Sliced Wheatgerm Bread Berry Shortbread & Custard Fresh Fruit or Yoghurt	Chicken Casserole Carrots Peas Boiled Potatoes Crusty Bread Gingercake Fresh Fruit or Yoghurt	Burger in a Bun Green Salad Tomato Potato Wedges Sultana Sponge & Custard Fresh Fruit or Yoghurt
F R I D A Y	Pizza Sweetcorn Peas Potato Wedges Peaches & Vanilla Ice Cream Fresh Fruit or Yoghurt	Homemade Sausage Roll Sweetcorn & Baked Beans Chipped Potatoes Poppy Seed Bread Arctic Roll & Mandarins Fresh Fruit or Yoghurt	Pasta Bake Medley of Vegetables Garlic Bread Strawberry Yoghurt Ice Fresh Fruit or Yoghurt

If your child requires a jacket potato instead of the meal above on a particular day please return this form to school before the end of term with the day the jacket potato is needed and your child's name clearly marked