

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

Sept 18

NAME _____

	WEEK 1	WEEK 2	WEEK 3
M O N D A Y	Battered Fish Peas Sweetcorn Chipped Potatoes Sunflower Seed Bread Fruits of the Forest Flapjack Fresh Fruit or Yoghurt	Salmon Nibbles Tomato Sauce Broccoli & Peas Potato Wedges Tomato Bread Swiss Bun Fresh Fruit or Yoghurt	Fish Fingers Peas & Baked Beans Chipped Potatoes Wholemeal Bread Plum Upside Down Pudding & Custard Fresh Fruit or Yoghurt
T U E S D A Y	Sweet & Sour Chicken Medley of Vegetables Rice Wholemeal Baguette Toffee Apple Crumble Cake Fresh Fruit or Yoghurt	Chicken & Tomato Pasta Green Beans Cauliflower Wholemeal Bread Autumn Marble Berry Sponge & Custard Fresh Fruit or Yoghurt	Minced Beef & Dumpling Savoy Cabbage & Carrots Boiled Potatoes Sunflower Seed Bread Sticky Date & Apple Bar with Cheese Fresh Fruit or Yoghurt
W E D N E S D A Y	Savoury Mince Yorkshire Pudding Roast Parsnips & Carrots Roast Potatoes Sliced Wholemeal Bread Chocolate & Orange Sponge & Chocolate Sauce Fresh Fruit or Yoghurt	Roast Pork with Apple Sauce & Gravy Carrots & Broccoli Parsley Potatoes Herbie Bread Raspberry Bun & Apple Fresh Fruit or Yoghurt	Chicken & Vegetable Pie Carrots Swede Roast Potatoes Crusty Bread Fruity Gingerbread & Custard Fresh Fruit or Yoghurt
T H U R S D A Y	Chicken Korma Cauliflower & Green Beans Brown Rice Naan Bread Pineapple Shortcake & Custard Fresh Fruit or Yoghurt	Beef Wraps Veg Sticks Vegetable Rice Apple Cinnamon Crunch Crumble & Custard Fresh Fruit or Yoghurt	Pasta Bolognese Broccoli & Sweetcorn Garlic Bread Arctic Roll & Peaches Fresh Fruit or Yoghurt
F R I D A Y	Sausages & Onion Gravy Broccoli & Sweetcorn Boiled Potatoes 50/50 Bread Jam Sponge & Custard Fresh Fruit or Yoghurt	Organic Beefburger in a Bun Peas Sweetcorn Chipped Potatoes Banana Brownie & Chocolate Sauce Fresh Fruit or Yoghurt	Pizza Margerita Peas Carrot & Orange Salad Potato Wedges Chocolate Semolina & Mandarins 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