

Ingleton Primary School Menu

Spring Term 2019

	Week 1 Served w/c: 7/1, 28/1, 18/2, 18/3, 8/4	Week 2 Served w/c: 14/1, 4/2, 4/3, 25/3	Week 3 Served w/c: 21/1, 11/2, 11/3, 1/4
Monday	Organic Meatballs in Tomato Sauce with Pasta Peas & Sweetcorn ***** Banana Muffin Yoghurt or Fresh Fruit	Pasta Bolognese Peas & Carrots Tomato Bread ***** Orange Brownie & Custard Yoghurt or Fresh Fruit	Margarita Pizza Veg Sticks and Fruity Pasta Salad Diced Potatoes ***** Arctic Roll & Fruit Yoghurt or Fresh Fruit
Tuesday	Cottage Pie Medley of Vegetables Crusty Wholemeal Baguette ***** Roly Poly & Custard Yoghurt or Fresh Fruit	Crispy Chicken Bites with Tomato Salsa Potato Wedges Green Beans & Cauliflower Garlic Bread ***** Lemon & Poppy Seed Cake with Custard Yoghurt or Fresh Fruit	Chicken Korma & Rice Broccoli & Cauliflower Naan Bread ***** Apple Tart & Custard Yoghurt or Fresh Fruit
Wednesday	Roast Chicken, Stuffing & Gravy Carrots & Savoy Cabbage Roast Potatoes Sliced Wholemeal Bread ***** Yoghurt or Fresh Fruit	Toad in the Hole & Gravy Creamed Potato Savoy Cabbage & Swede, Carrot & Parsnip Herbie Bread ***** Yoghurt or Fresh Fruit	Minced Beef Pie Medley of Vegetables Sweet Potato Mash Poppy Seed Bread ***** Yoghurt or Fresh Fruit
Thursday	Mexican Beef Tortilla Boat Rice Mixed Salad with Grated Carrot ***** Apricot Bar Yoghurt or Fresh Fruit	Quorn Keema & Rice Broccoli & Carrots Wholemeal Bread ***** Peach Crisp & Custard Yoghurt or Fresh Fruit	Yorkshire Ham and Tomato Pasta Green Beans & Sweetcorn Crusty Wholemeal Baguette ***** Chocolate Banana Sponge & Chocolate Sauce Yoghurt or Fresh Fruit
Friday	Young's Fish Fingers Carrot Sticks & Apple Salad Chipped Potatoes Cheese & Onion Flatbread ***** Yoghurt or Fresh Fruit	Tempura Battered Fishcake in a Homemade Bun Tomato Sauce Peas & Coleslaw Chipped Potatoes ***** Yoghurt or Fresh Fruit	Crispy Battered Fish Mushy Peas & Beetroot Salad Chipped Potatoes Apricot Seed Bread ***** Yoghurt or Fresh Fruit