

Ingleton Primary School Menu

Spring Term 2018

	Week 1 Served w/c: 8/1, 29/1, 26/2, 19/3	Week 2 Served w/c: 15/1, 5/2, 26/3	Week 3 Served w/c: 22/1, 19/2, 12/3
Monday	Organic Beef Burger in Homemade Bun Peas & Sweetcorn Chipped Potatoes ***** Oaty Biscuit & $\frac{1}{4}$ Apple Yoghurt or Fresh Fruit	Meat Free Monday Fajita Broccoli & Sweetcorn Potato Wedges Herbie Bread ***** Rhubarb & Apple Crumble & Custard Yoghurt or Fresh Fruit	Margarita Pizza Baked Beans & Peas Garlic Bread ***** Grannies Crunch & $\frac{1}{4}$ Orange Yoghurt or Fresh Fruit
Tuesday	Bangers and Mash Onion Gravy Medley of Vegetables Sliced Wholemeal Bread ***** Ginger Biscuit & Apple Yoghurt or Fresh Fruit	Chicken Korma & Rice Green Beans & Carrots Naan Bread ***** Treacle Sponge & Custard Yoghurt or Fresh Fruit	Bacon & Tomato Pasta Broccoli & Sweetcorn Wholemeal Bread ***** Apple Strudel & Custard Yoghurt or Fresh Fruit
Wednesday	Roast Chicken & Stuffing, Carrots & Savoy Cabbage Roast Potatoes Sliced Wholemeal Bread ***** Rice Pudding & Mandarin Yoghurt or Fresh Fruit	Roast Pork & Apple Sauce Creamed Potato, Gravy Savoy Cabbage & Swede Herbie Bread ***** Digestive Biscuit, Cheese & Grapes Yoghurt or Fresh Fruit	Beef Cobbler Medley of Vegetables Sweet Potato Mash Poppy Seed Bread ***** Date, Oat & Ginger Cookie Yoghurt or Fresh Fruit
Thursday	Spaghetti Bolognese Peas & Sweetcorn Sunflower Seed Bread ***** Pear & Chocolate Pudding with Chocolate Sauce Yoghurt or Fresh Fruit	Pasta Bolognese Peas & Carrots Tomato Bread ***** Orange Brownie & Custard Yoghurt or Fresh Fruit	Chicken Stir Fry with Noodles Cauliflower & Carrots Crusty Wholemeal Baguette ***** Lemon Drizzle Cake & Custard Yoghurt or Fresh Fruit
Friday	Fish Fingers Tomato Sauce Diced Potatoes Carrot & Apple Salad Sticks Pitta Bread ***** Forest Fruits Flapjack Yoghurt or Fresh Fruit	Breaded Salmon Nibbles Tomato Sauce Saute Potatoes Broccoli & Sweetcorn Oaty Brown Bread ***** Shortbread Finger & Yoghurt Yoghurt or Fresh Fruit	Battered Fish Chipped Potatoes Peas Coleslaw Sliced Wholemeal Bread ***** Raspberry Bun & Apple Wedge Yoghurt or Fresh Fruit