

GARGRAVE PRIMARY SCHOOL – AUTUMN TERM 2016– CHOICE MENU

	Week 1 served w/c Sept 5th & 26th, Oct 17th, Nov 14th, Dec 5th	Week 2 served w/c Sept 12th, Oct 3rd & 31st, Nov 21st, Dec 12th	Week 3 served w/c Sept 19th, Oct 10th, Nov 7th & 28th
M O N D A Y	Sausages v Vegetable Sausages Baked Beans/ Peas Potato Wedges Herbie Bread ***** Apple Crisp & Custard Yoghurt & Fresh Fruit	v Cheese & Tomato Pasta Broccoli & Carrots Poppy Seed Bread ***** Herbie Carrot Cake & Custard Yoghurt & Fresh Fruit	v Pizza with Assorted Toppings Peas & Sweetcorn Potato Wedges Garlic Bread ***** Orange Shortcake & Custard Yoghurt & Fresh Fruit
T U E S D A Y	Pasta Bolognese v Tomato Pasta Broccoli & Carrots Garlic Bread ***** Brownie & Chocolate Sauce Yoghurt & Fresh Fruit	Roast Pork Loin, Apple Sauce & Gravy v Vegetable Pasta Medley of Vegetables Roast Potatoes Pitta Bread ***** Rice Pudding with Jam Yoghurt & Fresh Fruit	Meatballs in Tomato Sauce v Cheese Jacket Potato Carrots & Broccoli Savoury Rice Wholemeal Bread ***** Fruity Gingerbread & Custard Fresh Fruit
W E D N E S D A Y	Makhani Chicken Curry v Cheese Jacket Sweetcorn Rice & Peas Naan Bread ***** Sticky Toffee Pudding & Custard Yoghurt & Fresh Fruit	Exeter Shortcake & Gravy (Minced Lamb & Dumpling Topping) v Spinach Pasta Carrot, Swede & Parsnip & Peas Creamed Potatoes Sliced Wholemeal Bread ***** Peaches & Dairy Ice Cream Yoghurt & Fresh Fruit	Roast Chicken, Stuffing, Gravy v Vegetable Hot Pasta Sweetcorn & Green Beans Parsley Potatoes Crusty Bread ***** Apple Flapjack Pudding Custard Yoghurt & Fresh Fruit
T H U R S D A Y	Beef Cobbler v Vegetable Stew Mashed Carrot & Swede Savoy Cabbage Creamed Potatoes Crusty White Bread ***** Yoghurt & at Cookie Fresh Fruit	Chicken Korma v Cheese, Potato & Leek Bake Broccoli & Sweetcorn Brown Rice Pitta Bread ***** Chocolate Mandarin Sponge & Custard Yoghurt & Fresh Fruit	Minced Beef & Yorkshire Pudding v Baked Bean Jacket Peas & Cauliflower & Cheese Sauce Creamed Potatoes Sliced Wholemeal Bread ***** Chocolate Arctic Roll & Pears Yoghurt & Fresh Fruit
F R I D A Y	Fish Fingers v Cheese Jacket Potato Peas & Rice Salad Diced Potatoes Tomato Bread ***** Flapjack with Orange Segment Yoghurt & Fresh Fruit	Battered Fish v Tuna Jacket Potato in a Seeded Bun Peas and Carrots Saute Potatoes Sunflower Seed Bread ***** Krispie Cereal Bar Yoghurt & Fresh Fruit	Breaded Salmon Nibbles v Cheese Catherine Wheel Baked beans Chipped Potatoes Herbie Bread ***** Custard Cookie & Apple Wedge Yoghurt & Fresh Fruit

Child's Name:

Class:

Please talk to your child and circle which option you would like and return to school before we break up next week. If we do not receive your form, your child will automatically get the main choice on the menu. We are also offering a jacket potato every day this term - please write JP if you would prefer this option.