



THE MARKET WEIGHTON SCHOOL

Autumn / Winter

| Week 1 | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|---|---|--|--|--|--|---|--|---|---|
| Main Course <i>v: vegetarian option</i> <i>gf: gluten free available, pre-order by morning break</i> | Beef burger in a bun <i>gf</i> | £1.30 | BBQ chicken wrap <i>gf</i> | £1.95 | Steak Pie | £1.50 | Ham & cheese pasta | £1.50 | Jumbo fish finger | £0.75 |
| | Cottage Pie <i>gf</i> | £1.50 | Sausage roll | £0.75 | Sausage <i>gf</i> | £0.40 | Pizza | £1.30 | Chicken Korma <i>gf</i> | £1.50 |
| | Cheese Pasta <i>v</i> | £1.30 | Tomato pasta bake <i>v, gf</i> | £1.30 | Veggie lasagne <i>v</i> | £1.30 | Chicken fillet in a bun <i>gf v</i> | £1.50 | | |
| | | | | | Yorkshire Pudding <i>gf</i> | £0.20 | | | | |
| Carbohydrates | Potato wedges | £1.30 | Hash browns Baked beans | £0.40 £0.85 | Mashed potatoes Yorkshire Pudding | £0.65 £0.20 | Potato wedges | £1.30 | Naan bread Chips Baked beans Rice | £0.50 £1.40 £0.85 £0.60 |
| Vegetables/ Salad | Peas carrots | free | Sweetcorn, broccoli | Free | Cauliflower Carrots | free | Peas Carrots | free | Peas | free |
| Desserts | Selection of fruit Yoghurt Chocolate crackle Flapjack Custard | £0.40 £0.75 £0.85 £0.85 £0.15 | Selection of fruit Yoghurt Iced chocolate sponge Muffin Oaty biscuits Custard | £0.40 £0.75 £0.85 £0.85 £0.85 £0.15 | Selection of fruit Yoghurt Apple crumble Melting moments Iced cornflake special Custard | £0.40 £0.75 £0.85 £0.85 £0.85 £0.15 | Selection of fruit Yoghurt Muffin Chocolate crackle Wellington fudge Custard | £0.40 £0.75 £0.85 £0.85 £0.85 £0.15 | Selection of fruit Yoghurt Hungarian chocolate biscuit Steamed syrup sponge Muffin Custard | £0.40 £0.75 £0.85 £0.85 £0.85 £0.85 £0.15 |



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| Week 3 | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|------------------------|-------|------------------------------|-------|--------------------------------|-------|--------------------------|-------|----------------------|-------|
| Main Course <i>v: vegetarian option</i> <i>gf: gluten free available, pre-order by morning break</i> | Sausage | £0.40 | BBQ chicken goujons in a bun | £1.50 | Chicken & pepperoni pasta | £1.50 | Chicken fajita <i>gf</i> | £1.50 | Fillet of fish | £0.75 |
| | Beef lasagne | £1.50 | <i>gf</i> | | Roast pork <i>gf</i> | £1.70 | Fishwich in a bun | £1.30 | Chicken korma | £1.50 |
| | Cheese pasta | £1.30 | Ham & tomato pasta | £1.50 | Roast pork baguette | £1.00 | <i>v</i> | | <i>gf</i> | |
| | <i>v</i> | | Cauliflower cheese <i>v</i> | £1.30 | Veggie burger in bun <i>gf</i> | £1.30 | Minced beef bolognaise | £1.50 | | |
| Carbohydrates | Yorkshire pudding | £0.20 | Potato wedges | £1.30 | Roast potato | £1.30 | Potato wedges | £1.30 | Rice | £0.60 |
| | Mashed potato | £0.65 | Baked beans | £0.85 | Yorkshire pudding | £0.20 | | | Chips | £1.40 |
| | | | | | | | | | Naan bread | £0.50 |
| Vegetables/ Salad | Peas, carrots | free | Mixed veg, Broccoli | free | Carrots and peas | free | Sweetcorn, broccoli | free | Peas | Free |
| | | | | | | | | | Baked Beans | £0.85 |
| Desserts | Selection of fruit | £0.40 | Selection of fruit | £0.40 | Selection of fruit | £0.40 | Selection of fruit | £0.40 | Selection of fruit | £0.40 |
| | Yoghurt | £0.75 | Yoghurt | £0.75 | Yoghurt | £0.75 | Yoghurt | £0.75 | Yoghurt | £0.75 |
| | Iced cornflake special | £0.85 | Chocolate crackle | £0.85 | Muffin | £0.85 | Flapjack | £0.85 | Steamed Syrup sponge | £0.85 |
| | Iced sponge | £0.85 | Melting moments | £0.85 | Steamed chocolate sponge | £0.85 | Chocolate crackle | £0.85 | Oaty biscuits | £0.85 |
| | Bakewell tart | £0.85 | Custard | £0.15 | Hungarian chocolate biscuit | £0.85 | Custard | £0.15 | Chocolate crunch | £0.85 |
| | Custard | £0.15 | | | Cornflour Shorties | £0.85 | | | Custard | £0.15 |
| | | | | | Custard | £0.15 | | | | |



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| BREAK TIME | |
|----------------|-------|
| Bacon sandwich | £1.30 |
| Panini | £1.10 |
| Pizza slice | £1.40 |
| Toast | £0.40 |
| Toasted bagel | £0.65 |

| SANDWICHES | |
|------------|---------------|
| Code | Price |
| A | £1.60 |
| B | £1.75 - £2.00 |
| C | £2.20 |

| Jacket Potatoes (£0.95p) + selection of fillings | |
|--|-------|
| Tuna | £1.00 |
| Cheese | £0.85 |
| Coleslaw | £0.85 |
| Baked beans | £0.85 |

| COLD DESERT OPTIONS | |
|----------------------------|-------|
| Fruit, each | £0.40 |
| Fruit salad pot | £1.55 |
| Yoghurt, assorted flavours | £0.75 |

| EXTRAS | |
|----------------|-------|
| Margarine | £0.10 |
| Mayonnaise | £0.10 |
| Tomato ketchup | £0.10 |
| | |

| DRINKS | |
|--|-------------|
| Bottled water 500ml | £0.75 |
| Bottled water 330ml | £0.60 |
| Radnor aqua fizz | £0.85 |
| Radnor flavoured water | £0.80 |
| Milkshake: banana/strawberry/chocolate 200ml | £0.70 |
| Fresh milk 350ml | £0.70 |
| Fresh apple juice | £0.65 |
| Fresh orange juice | £0.65 |
| Chilled water from dispenser | free |

| Salad Box | |
|-------------|-------|
| Plain salad | £0.75 |
| Tuna | £1.00 |
| Cheese | £0.85 |
| Coleslaw | £0.85 |