



## THE MARKET WEIGHTON SCHOOL

Week 1	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Main Course</b>  <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</i> <i>v</i>	£1.50		
					Yorkshire Pudding <i>gf</i>	£0.20				
<b>Carbohydrates</b>	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
<b>Vegetables/ Salad</b>	Peas carrots	free	Sweetcorn, broccoli	Free	Cauliflower Carrots	free	Peas Carrots	free	Peas	free
<b>Desserts</b>	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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## Autumn / Winter

Week 3	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Main Course</b>  <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		
<b>Carbohydrates</b>	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
<b>Vegetables/ Salad</b>	Peas, carrots	free	Mixed veg, Broccoli	free	Carrots and peas	free	Sweetcorn, broccoli	free	Peas	Free
									Baked Beans	£0.85
<b>Desserts</b>	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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## Autumn / Winter

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	<b>free</b>

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