




# ST. MARK'S C.E. PRIMARY NATLAND

## WEEK 1 –

Freshly  
made  
every day!

DAY	CHOICE 1 	CHOICE 2	CHOICE 3 	PUDDING 
<b>Monday</b>	Chicken in Tomato and Basil Sauce served with Pasta Spirals, Peas and Sweetcorn	Cod and Salmon Fishcake served with Pasta Spirals, Peas and Sweetcorn	Baked Jacket Potato served with a selection of Fillings and Fresh Salad	Chocolate Orange Sponge with Chocolate Sauce OR Fruit Yoghurt OR Cheese, Crackers and Grapes OR a selection of Fresh Fruit
<b>Tuesday</b>	Cottage Pie served with Fresh Vegetables	Macaroni Cheese served with Garlic Bread and Fresh Salad	Baked Jacket Potato served with a selection of Fillings and Fresh Salad	Shortbread OR Fruit Yoghurt OR Cheese, Crackers and Grapes OR a selection of Fresh Fruit
<b>Wednesday</b>	Cumberland Sausage and Yorkshire Pudding served with Mashed Potatoes, Carrots, Broccoli and Gravy	Cumberland Sausage and Yorkshire Pudding served with Mashed Potatoes, Carrots, Broccoli and Gravy	Baked Jacket Potato served with a selection of Fillings and Fresh Salad	Muffin with a milk drink OR Fruit Yoghurt OR Cheese, Crackers and Grapes OR a selection of Fresh Fruit
<b>Thursday</b>	Chicken Wraps served with Potato Waffles, Corn on the Cob and Fresh Salad	Pizza Margherita served with Potato Waffles, Corn on the Cob and Fresh Salad	Baked Jacket Potato served with a selection of Fillings and Fresh Salad	Rice Pudding OR Fruit Yoghurt OR Cheese, Crackers and Grapes OR a selection of Fresh Fruit
<b>Friday</b>	Breaded Fish Fillet served with Oven Chips, Baked Beans & Fresh Salad	Kitchen Made Beef and Vegetable Slice served with Oven Chips, Baked Beans and Fresh Salad	Baked Jacket Potato served with a selection of Fillings and Fresh Salad	Fruit in Jelly with Ice Cream OR Fruit Yoghurt OR Cheese, Crackers and Grapes OR a selection of Fresh Fruit

**Available Daily: Fresh and Dried Fruit, Salad Bar and Bread!**

If you have any questions about food allergens please speak to the kitchen team who will be happy to help

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