

WEEK ONE

CARTERKNOWLE SCHOOL MENU - FROM APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Salmon Fishcake with Half Jacket Potato	 Beef Chilli Con Carne with Wholegrain Rice	Roast Chicken with New Potatoes, Stuffing and Gravy	 Minced Beef Pie with Mashed Potatoes and Gravy	Fish Fingers with Chips and Tomato Ketchup
 (v) Cheese & Tomato Pizza with Half Jacket Potato	 (v) Roasted Vegetable & Basil Pitta Pocket	(v) Savoury Vegetables with Yorkshire Pudding, New Potatoes and Gravy	 (v) Macaroni Cheese with Homemade Tomato and Herb Bread	 (v) Beany Burrito with Chips and Tomato Ketchup
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
Sweetcorn and Baked Beans	Green Beans and Carrots	Cabbage and Mixed Vegetables	Broccoli and Carrots	Peas and Baked Beans
(v) Frozen Yoghurt with Peaches	 (v) Treacle Bites with Custard	 (v) Apple Sponge with Custard	 (v) Jam Shortbread with Custard	 (v) Lime Crunch Pie
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt

Seasonal salad selection, bread and drinking water will be available daily

 = **HOMEMADE**



WEEK TWO

CARTERKNOWLE SCHOOL MENU - FROM APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage with Mashed Potatoes and Gravy	 Beef Spaghetti Bolognaise with Homemade Garlic Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	 Beef Goulash with Wholegrain Rice	Fish Fingers with Chips and Tomato Ketchup
(v) Quorn Sausage and Tomato Pasta Bake	 (v) Vegetarian Spaghetti Bolognaise with Homemade Garlic Bread	(v) Bean & Potato Bake with Stuffing, Roast Potatoes and Gravy	 (v) Cheese & Tomato Pizza with Half Jacket Potato	 (v) Cheese & Pepper Flan with Chips
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
Carrots and Mixed Vegetables	Sweetcorn and Green Beans	Peas and Carrots	Broccoli and Sweetcorn	Peas and Baked Beans
 (v) Apple Flapjack with Custard	 (v) Chocolate Muffin	 (v) Oaty Fruit Crunch with Custard	(v) Fruit with Jelly	 (v) Strawberry Ice Cream with Shortbread Finger
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt






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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Posh Hot Dog with Onions, Jacket Wedges and Tomato Sauce	 Chicken Curry with Wholegrain Rice and Cucumber Raita	Bacon Loin Chop with Mashed Potatoes, Yorkshire Pudding and Gravy	 Beef Lasagne with Garlic Bread	Fish Fingers with Chips and Tomato Ketchup
(v) Vegetable Biryani	 (v) Mexican Bean Stew with Wholegrain Rice	(v) Savoury Vegetables with with Yorkshire Pudding, Mashed Potatoes and Gravy	 (v) Baked Bean Lasagne with Garlic Bread	 (v) Cheese Flan with Chips
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
Coleslaw and Sweetcorn	Green Beans and Carrots	Broccoli and Mixed Vegetables	Carrots and Peas	Mushy Peas and Baked Beans
 (v) Pear and Chocolate Sponge with Chocolate Sauce	 (v) Treacle Bites with Custard	 (v) Apple Crumble with Ice Cream	 (v) Lemon Drizzle Cake	 (v) Sticky Toffee Pudding with Custard
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



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 = **HOMEMADE**

