



CARTERKNOWLE JUNIORS



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 22/4/19 : 13/5/19 : 3/6/19 : 24/6/19 : 15/7/19 : 5/8/19 : 26/8/19 : 16/9/19 : 7/10/19 : 28/10/19	Main Course	Beef Burger in a Bun with Homemade Wedges and Tomato Ketchup	Shepherd's Pie with Gravy	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie with Mashed Potato and Gravy	Fish Fingers and Chips with Tomato Ketchup or Vinegar
	Vegetarian Main Course	Veggie Chilli with Wholegrain Rice and Homemade Nachos	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Vegetarian Sausage & Tomato Pasta Bake	Vegetable Enchilada
	Halal		Halal Shepherd's Pie with Gravy	Halal Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Halal Chicken Pie with Mashed Potato and Gravy	
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
	Vegetables	Sweetcorn & Carrot Sticks	Green Beans & Broccoli/Mixed Salad	Cauliflower & Peas	Mixed Vegetables & Carrots	Garden Peas & Baked Beans
	Dessert	Lemon Cake with Custard	Crispy Slice	Frozen Toffee Yoghurt with Banana	Jam Sponge with Custard	Ginger Biscuit with Orange Wedges

WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 29/4/19 : 20/5/19 : 10/6/19 : 1/7/19 : 22/7/19 : 12/8/19 : 2/9/19 : 23/9/19 : 14/10/19	Main Course	Traditional Sausage & Mash with Gravy	Chicken in a Tomato Sauce with Wholegrain Rice	Roast Gammon with Stuffing, Mashed Potatoes and Gravy	Minced Beef Pie with Jacket Wedges and Gravy	Fish and Chips with Tomato Ketchup or Vinegar
	Vegetarian Main Course	Veggie Mince Pasta Bolognese	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Stuffing, Mashed Potatoes and Gravy	Cheesy Tomato Pasta with Garlic Bread	Quorn Fajita
	Halal		Halal Chicken in a Tomato Sauce with Wholegrain Rice	Halal Roast Lamb with Stuffing, Mashed Potatoes and Gravy	Halal Keema Slice With Jacket Wedges and Gravy	
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
	Vegetables	Broccoli & Mixed Vegetables	Carrots & Cauliflower	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
	Dessert	Ginger Sponge with Custard	Frozen Strawberry Yoghurt & Bananas	Fruity Flapjack with Custard	Oaty Biscuit with Fruit Wedges	Vanilla Muffin/Traybake

WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 6/5/19 : 27/5/19 : 17/6/19 : 8/7/19 : 29/7/19 : 19/8/19 : 9/9/19 : 1/10/19 : 21/10/19	Main Course	Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Chicken with Yorkshire Pudding and Roast Potatoes and Gravy	Pasta Bolognese with Garlic Bread	Fish Fingers and Chips with Tomato Ketchup or Vinegar
	Vegetarian Main Course	Cheese & Tomato Pizza Slice with Half Jacket Potato	Macaroni Cheese	Quorn Roast with Yorkshire Pudding and Roast Potatoes and Gravy	Bean Bake with Potato Wedges	Cheese Flan with Chips
	Halal		Halal Chicken Curry with Wholegrain Rice	Halal Roast Chicken with Yorkshire Pudding and Roast Potatoes and Gravy	Halal Lamb Pasta Bolognese with Garlic Bread	
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
	Vegetables	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Spring Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans
	Dessert	Sticky Toffee Pudding with Custard	Vanilla Crunch with Custard	Oaty Biscuit with Banana	Carrot Cake with Icing	Jelly & Fruit

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.