



CARTERKNOWLE JUNIORS AUTUMN WINTER 2019 MENU WEEK ONE

PRIMARY MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Traditional Sausage & Mash with Gravy	Winter Chicken Casserole	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Beef & Onion Pie with Mashed potato & Gravy	Battered Fish Fillet and Chips with Tomato Ketchup
Vegetarian Main Course	Vegetable Sausage & Mash	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Macaroni Cheese	Vegetable Curry & Wholegrain Rice
Halal		Halal Winter Chicken Casserole	Halal Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Halal Lamb & Onion Pie	
Jacket Potato and Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
Vegetables	Cauliflower & Mixed Vegetables	Broccoli & Winter Coleslaw	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Dessert	Ginger Sponge Custard	Fruity Flapjack & Apple Slices	Jam Shortbread & Custard	Vanilla Sponge & Custard	Shortbread Biscuit & Fruit Wedges

Available Daily

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts





CARTERKNOWLE JUNIORS AUTUMN WINTER 2019 MENU WEEK TWO

PRIMARY MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Gammon with Stuffing, Mashed Potato & Gravy	Beef Pasta Bolognese & Garlic Bread	Fish Fingers and Chips & Tomato Ketchup
Vegetarian Main Course	Quorn Meatballs in Tomato Sauce	Tomato and Basil Pasta	Quorn Roast with Stuffing, Mashed Potato & Gravy	Cheddar Flan with Homemade Potato Wedges	Quorn Fajita & Chips or Vegetable Sausage Fajita
Halal		Halal Chicken Curry	Halal Roast Lamb with Stuffing, Mashed Potato & Gravy	Halal Lamb Bolognese with Organic Pasta & Garlic Bread	
Jacket Potato and 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	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Savoy Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans
Dessert	Crispy Slice with Custard	Shortbread & Fruit	Lemon Drizzle Cake & Custard	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

Available Daily

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts





CARTERKNOWLE JUNIORS AUTUMN WINTER 2019 MENU WEEK THREE

PRIMARY MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Burger in a Bun Homemade Wedges	Cottage Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie & Mash	Fish Fingers and Chips with Tomato Ketchup
Vegetarian Main Course	Veggie Burger in a bun Homemade Wedges	Cheese & Tomato Pizza with 1/2 Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Macaroni Cheese	Vegetable Enchilada served with Chips
Halal		Halal Shepherd's Pie	Halal Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Halal Chicken Pie & Mash	
Jacket Potato and 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	Sweetcorn & Garden Peas	Broccoli & Fresh Salad	Cauliflower & Carrots	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
Dessert	Apple Crumble served with Custard	Lemon Slice with Milk	Vanilla Crunch Served with Vanilla Sauce/Custard	Marble Sponge served with Custard	Crunchy Biscuit served with Apple Slices

Available Daily

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts

