

KNAVESMIRE

canteen

Served at every meal:

A selection of vegetables

A choice of salads

Fresh homemade bread

Fresh Water

AUTUMN 2017 TERM





Week 1

SERVED WEEK
 COMMENCING :
 04/09/17, 25/09/17,
 16/10/17, 13/11/17,
 04/12/17

		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	SAUSAGE IN A BUN CHIPPED POTATOES SELECTION OF VEGETABLES	QUORN SAUSAGE IN A BUN CHIPPED POTATOES SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	CHOCOLATE SPONGE & CHOCOLATE SAUCE		
Tuesday	Main Meal Options	COTTAGE PIE SELECTION OF VEGETABLES	QUORN COTTAGE PIE SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	PINEAPPLE UPSID DOWN PUDDING & CUSTARD		
Wednesday	Main Meal Options	ROAST CHICKEN GRAVY ROAST POTATOES SELECTION OF VEGETABLES	BUTTERNUT SQUASH & SWEET POTATO PATTIE ROAST POTATO SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	RICE PUDDING AND JAM		
Thursday	Main Meal Options	MACARONI CHEESE AND HAM GARLIC BREAD SELECTION OF VEGETABLES	MACARONI CHEESE GARLIC BREAD SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	FRESH SLICED ORANGES		
Friday	Main Meal Options	FISH PIE WITH SALMON & PEAS SELECTION OF VEGETABLES	VEGETABLE JAMBALAYA SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	JELLY AND MANDARINS		

Using locally sourced ingredients from York suppliers



Week 2

SERVED WEEK
 COMMENCING :
 11/09/17, 02/10/17,
 23/10/17, 20/11/17,
 11/12/17

		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	CHEESE AND HAM PIZZA SELECTION OF VEGETABLES	CHEESE AND TOMATO PIZZA SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	BLUEBERRY MUFFIN		
Tuesday	Main Meal Options	BEEF BOLOGNESE PASTA BAKE GARLIC BREAD SELECTION OF VEGETABLES	VEGETABLE AND LENTIL PASTA BAKE GARLIC BREAD SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	JAM SPONGE AND CUSTARD		
Wednesday	Main Meal Options	TOAD IN THE HOLE WITH ONION GRAVY ROAST POTATOES SELECTION OF VEGETABLES	VEGETARIAN TOAD IN THE HOLE WITH ONION GRAVY ROAST POTATOES SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	CHOCOLATE BEETROOT BROWNIES		
Thursday	Main Meal Options	CHICKEN PIE MASHED POTATO SELECTION OF VEGETABLES	WINTER VEGETABLE PARCELS MASHED POTATO SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	CARROT CAKE		
Friday	Main Meal Options	BATTERED FISH CHIPPED POTATOES PEAS	MOZZARELLA MELT CHIPPED POTATOES PEAS	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	CHOCOLATE RICE CRISPY CAKE		

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Week 3

SERVED WEEK
 COMMENCING :
 18/09/17, 09/10/17,
 06/11/17, 27/11/17,
 18/12/17

		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	BBQ CHICKEN PIZZA SWEETCORN SELECTION OF VEGETABLES	CHEESE PIZZA SWEETCORN SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	LEMON MUFFIN		
Tuesday	Main Meal Options	HOMEMADE PORK MEATBALLS IN TOMATO SAUCE SPAGHETTI GARLIC BREAD	QUORN BALLS IN TOMATO SAUCE SPAGHETTI GARLIC BREAD	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	FRUIT PLATTER		
Wednesday	Main Meal Options	SAVOURY MINCE MASHED POTATO SELECTION OF VEGETABLES	MIXED BEAN CASSEROLE MASHED POTATO SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	JELLY AND PINEAPPLE		
Thursday	Main Meal Options	CHICKEN FILLET GOUJONS POTATO WEDGES SELECTION OF VEGETABLES	CHICKEN STYLE VEGETARIAN STRIPS POTATO WEDGES SELECTION OF VEGETABLES	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	TOFFEE APPLE CRUMBLE & CUSTARD		
Friday	Main Meal Options	FISHFINGERS CHIPPED POTATOES PEAS	MIXED PEPPER & ONION FRITTATA CHIPPED POTATOES PEAS	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	PEAR & BERRY CRUMBLE WITH CUSTARD		

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