

# KNAVESMIRE

# canteen

SUMMER 2018 TERM



**served at every meal:**

A selection of vegetables

A choice of salads

Fresh homemade bread

Fresh Water



# Week 1



SERVED WEEK COMMENCING :  
 09/04/2018, 30/04/2018, 21/05/2018, 18/06/18,  
 09/17/18

		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	BBQ pulled pork pizza	Cheese pizza	JACKET POTATO served with a choice of baked beans, cheese or salmon
	Dessert	Strawberry Mousse		
Tuesday	Main Meal Options	Chilli con carne with rice	Mixed bean chilli with rice	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Apple pie and ice cream		
Wednesday	Main Meal Options	Sausage & mashed potato with onion gravy	Quorn sausage & mashed potato with onion gravy	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Savoury biscuit with cheese and grapes		
Thursday	Main Meal Options	Fish fingers and chipped potatoes	Egg fried rice	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Shortbread and milk		
Friday	Main Meal Options	Creamy chicken pasta	Creamy vegetable pasta	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Chocolate orange cake		

Using locally sourced ingredients from York suppliers



# Week 2

SERVED WEEK COMMENCING :  
16/04/18, 07/05/18, 04/06/18, 25/06/18,  
16/07/18



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Sweet and sour pork with noodles	Sweet and sour vegetables with noodles	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Fromage frais/ yoghurt pot and grapes		
Tuesday	Main Meal Options	Spaghetti Bolognese	Quorn spaghetti Bolognese	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Mandarin cheesecake		
Wednesday	Main Meal Options	Roast chicken with new potatoes and gravy	Cauliflower and broccoli bake	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Raspberry fool		
Thursday	Main Meal Options	Fish and chipped potatoes	Stuffed peppers	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Apple flapjack and milk		
Friday	Main Meal Options	Tuna pasta bake	Roasted vegetable quiche and potato salad	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Marble cake		

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# Week 3

SERVED WEEK COMMENCING :  
23/04/18, 14/05/18, 11/06/18, 02/07/18



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Burger in a bun and wedges	Bean burger in a bun and wedges	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Ice cream pot		
Tuesday	Main Meal Options	Pesto pasta with chicken	Pesto pasta	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Summer fruit yoghurt pot		
Wednesday	Main Meal Options	Savoury mince and mashed potato	Quorn mince and mashed potato	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Strawberries and cream		
Thursday	Main Meal Options	Fish fingers and chipped potatoes	Vegetable fingers and chipped potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Chocolate biscuit and milk		
Friday	Main Meal Options	Macaroni cheese and gammon	Macaroni cheese	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Pineapple sponge		

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