

KNIVESMIRE

canteen

AUTUMN/WINTER 2018-19



Served at every meal:

A selection of vegetables

A choice of salads

Fresh homemade bread

Fresh Water

Using locally sourced ingredients from York suppliers



Week 1

SERVED WEEK COMMENCING :
 03/09/18, 24/09/18, 15/10/18, 12/11/18,
 03/12/18, 07/01/19, 28/01/19, 18/02/19



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Pasta bolognese	Ratatouille pasta	JACKET POTATO served with a choice of baked beans, cheese or tuna
	Dessert	Fruit crumble with vanilla sauce		
Tuesday	Main Meal Options	Chicken stew and mashed potatoes	Winter vegetable and butter bean stew and mashed potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Rice pudding with strawberries		
Wednesday	Main Meal Options	Gammon, Yorkshire pudding with roast potatoes and gravy	Broccoli cheese with roast potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Blueberry and banana muffin cake		
Thursday	Main Meal Options	Fish and chips	Sticky Quorn wraps and chips	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Fresh fruit and yoghurt		
Friday	Main Meal Options	Tuna and sweetcorn pizza	Cheese pizza	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Ginger sponge and custard		



Week 2

SERVED WEEK COMMENCING :
 10/09/18, 01/10/18, 22/10/18, 19/11/18, 10/12/18,
 14/01/19, 04/02/19



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Bacon, bean and red pepper risotto	Bean and red pepper risotto	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Peach cobbler with custard		
Tuesday	Main Meal Options	Cottage pie	Cheese and spinach pie	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Pears and ice cream		
Wednesday	Main Meal Options	Roast chicken, Yorkshire pudding, roast potatoes and gravy	Vegetable and butter bean parcels and roast potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Apple Sponge		
Thursday	Main Meal Options	Fish pie	Mozzarella melts and chips	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Jelly and fruit		
Friday	Main Meal Options	Ham and Cheese pizza	Cheese pizza	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Fresh fruit and yoghurt		



Week 3

SERVED WEEK COMMENCING :
 17/09/18, 08/10/18, 05/11/18, 26/11/18,
 17/12/18, 21/01/19, 11/02/19



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Chicken, pasta and sweetcorn medley	Pasta and sweetcorn medley	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Mixed berry sponge		
Tuesday	Main Meal Options	Cumberland Pie	Vegetable and chickpea curry with rice	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Apple and blackberry crumble with custard		
Wednesday	Main Meal Options	Roast pork, Yorkshire pudding, roast potatoes and gravy	Quorn sausage, Yorkshire pudding, roast potatoes and gravy	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Fresh fruit and yoghurt		
Thursday	Main Meal Options	Fish fingers and chipped potatoes	Bean burger and chips	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Chocolate cake with chocolate custard		
Friday	Main Meal Options	Meat feast pizza	Cheese pizza	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Jelly and ice cream		