

KNAVESMIRE

canteen

SPRING SUMMER 2019



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:
 04/03/19, 25/03/19, 29/04/19,
 20/05/19, 17/06/19, 08/07/19



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Meatballs and spaghetti in tomato sauce	Quorn meatballs and spaghetti in tomato sauce	JACKET POTATO served with a choice of baked beans, cheese or salmon
	Dessert	Yoghurt pot or piece of fruit		
Tuesday	Main Meal Options	Ham and cheese pizza	Cheese pizza	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Oat biscuit with orange slices		
Wednesday	Main Meal Options	Roast chicken, Yorkshire pudding with roast potatoes and gravy	Vegetable crumble Yorkshire pudding with roast potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Yoghurt pot or piece of fruit		
Thursday	Main Meal Options	Lasagne	Vegetable lasagne	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Chocolate pear sponge		
Friday	Main Meal Options	Fish fingers and chipped potatoes	Spanish omelette and chipped potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Ice cream pot		



Week 2

SERVED WEEK COMMENCING:
 11/03/19, 01/04/19, 06/05/19,
 03/06/19, 24/06/19, 15/07/19



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Mexican beef tacos with rice	Mexican bean tacos with rice	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Yoghurt pot or piece of fruit		
Tuesday	Main Meal Options	Chicken Korma with noodles	Quorn Korma with noodles	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Apple flapjack		
Wednesday	Main Meal Options	Sausages, Yorkshire pudding, mashed potatoes and gravy	Quorn sausages, Yorkshire pudding, mashed potatoes and gravy	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Yoghurt pot or piece of fruit		
Thursday	Main Meal Options	Macaroni cheese with ham	Macaroni cheese	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Pineapple sponge		
Friday	Main Meal Options	Fish and chipped potatoes	Cheese and tomato puffs and chipped potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Ice cream pot		



Week 3

SERVED WEEK COMMENCING:
 18/03/19, 08/04/19, 13/05/19, 10/06/19,
 01/07/19



		RED CHOICE	GREEN CHOICE	YELLOW OPTION
Monday	Main Meal Options	Pesto pasta with chicken	Pesto pasta	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Yoghurt pot or piece of fruit		
Tuesday	Main Meal Options	BBQ Pork with rice	BBQ vegetables with rice	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Ice cream roll with peaches		
Wednesday	Main Meal Options	Savoury mince with mashed potatoes, Yorkshire pudding, and gravy	Quorn mince with mashed potatoes, Yorkshire pudding, and gravy	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Yoghurt pot or piece of fruit		
Thursday	Main Meal Options	Ham and cheese toasties with wedges	Cheese toasties with wedges	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Apple sponge		
Friday	Main Meal Options	Fish cake and chipped potatoes	Vegetable burger and chipped potatoes	JACKET POTATO served with a choice of baked beans, tuna or cheese
	Dessert	Mousse pot		