



# NOOK LANE JUNIORS

## AUTUMN WINTER 23/24



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 13/11/23 : 04/12/23 - 01/01/24 : 22/01/24 : 12/02/24 : 04/03/24 : 25/03/24	Main Course	Macaroni Cheese	Chicken Tikka Curry with Mixed Rice	Yorkshire Pudding with Beef Mince & Roast Potatoes	Beef Pie with Mashed Potato	Fish Fingers with Chips
	Vegetarian Main Course	Beany Veggie Burrito	Cheese & Tomato Pizza with Garlic Bread	Yorkshire Pudding with Vegetarian Mince & Roast Potatoes	Cheese & Onion Roll with Baked Potato Wedges	Veggie Pasta Bake
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans, Salmon Mayo or Tuna Mayo
	Sandwiches	Cheese	Tuna	Cheese Baguette	Ham	Cheese
	Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Seasonal Greens	Green Beans Baked Beans Sweetcorn	Baked Beans Garden Peas
	Dessert	Apple Sponge	Flapjack Finger	Vanilla Sponge with Custard	Tootie Fruity Jelly with Mandarins	Chocolate Shortbread
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 30/10/23 : 20/11/23 : 11/12/23 - 08/01/24 : 29/01/24 : 19/02/24 : 11/03/24	Main Course	Cheesy Bean Pitta	Beef Pasta Bolognese	Pork Sausage Toad in the Hole with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
	Vegetarian Main Course	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognese	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Pastry Roll with Chips
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Cheese	Tuna	Cheese Baguette	Ham	Cheese
	Vegetables	Sweetcorn Garden Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans Garden Peas
	Dessert	Apple Crumble Bar	Lemon Cake with Custard	Banana Cake with Fruit	Chocolate Cookie	Strawberry Jelly
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 06/11/23 : 27/11/23 - 18/12/23 : 15/01/24 : 05/02/24 : 26/02/24 : 18/03/24	Main Course	Macaroni Cheese	BBQ Chicken Meatballs with Mixed Rice	Roast Chicken with Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers with Chips
	Vegetarian Main Course	Beany Sausage Pitta	Veggie Mince Cottage Pie	Vegetable Sausage with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Garlic Bread	Cheese & Onion Roll with Chips
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Cheese	Tuna	Cheese Baguette	Ham	Cheese
	Vegetables	Sweetcorn Cauliflower	Mixed Vegetables Garden Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
	Dessert	Chocolate Banana Cake	Flapjack with Fruit	Chocolate Sponge with Custard	Lemon Drizzle Cake	Shortbread with Mandarins

**Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.**

Colour in the left column represents the home colour your child will choose for their team kit