



NOOK LANE JUNIOR



Colours in the left column represent the band colour your child should choose for the meal tray

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Burger in a Bun with Homemade Wedges and Tomato Ketchup	Shepherd's Pie with Gravy	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie with Mashed Potato and Gravy	Fish Fingers and Chips with Tomato Ketchup or Vinegar	
Vegetarian Main Course	Veggie Chili with Wholegrain Rice and Homemade Nachos	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Vegetarian Sausage & Tomato Pasta Bake	Vegetable Enchilada	
Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	
Sandwiches	Cheese	Tuna	Hot Roast Sandwich	Ham	Fish Finger Wrap	
Drinks	Sweetcorn & Carrot Sticks	Green Beans & Broccoli/Mixed Salad	Cauliflower & Peas	Mixed Vegetables & Carrots	Garden Peas & Baked Beans	
	Lemon Cake with Custard	Chocolate Crispy	Frozen Toffee Yoghurt with Banana	Jam Sponge with Custard	Ginger Biscuit with Orange Wedges	
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Traditional Sausage & Mash with Gravy	Chicken in a Tomato Sauce with Wholegrain Rice	Roast Gammon with Stuffing, Mashed Potatoes and Gravy	Minced Beef Pie with Jacket Wedges and Gravy	Fish and Chips with Tomato Ketchup or Vinegar	
Vegetarian Main Course	Veggie Mince Pasta Bolognese	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Stuffing, Mashed Potatoes and Gravy	Cheesy Tomato Pasta with Garlic Bread	Quorn Fajita	
Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	
Sandwiches	Cheese	Tuna	Hot Roast Sandwich	Ham	Fish Finger Wrap	
Drinks	Broccoli & Mixed Vegetables	Carrots & Cauliflower	Savory Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans	
	Ginger Sponge with Custard	Frozen Strawberry Yoghurt & Bananas	Fruity Flapjack with Custard	Oaty Biscuit with Fruit Wedges	Chocolate Muffin/Traybake	
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Chicken with Yorkshire Pudding and Roast Potatoes and Gravy	Pasta Bolognese with Garlic Bread	Fish Fingers and Chips with Tomato Ketchup or Vinegar	
Vegetarian Main Course	Cheese & Tomato Pizza Slice with Half Jacket Potato	Macaroni Cheese	Quorn Roast with Yorkshire Pudding and Roast Potatoes and Gravy	Bean Bake with Potato Wedges	Vegetable Curry with Wholegrain Rice	
Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	
Sandwiches	Cheese	Tuna	Hot Roast Sandwich	Ham	Fish Finger Wrap	
Drinks	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Spring Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans	
	Sticky Toffee Pudding with Custard	Chocolate Crunch with Custard	Oaty Biscuit with Banana	Carrot Cake with Icing	Jelly & Fruit	

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.

WEEKS COMMENCING: 27/4/19 - 13/5/19; 3/6/19 - 24/6/19; 7/7/19 - 5/8/19; 26/8/19 - 16/9/19; 7/10/19 - 28/10/19

WEEKS COMMENCING: 29/4/19 - 20/5/19; 10/6/19 - 1/7/19; 22/7/19 - 12/8/19; 2/9/19 - 23/9/19; 14/10/19

WEEKS COMMENCING: 6/5/19 - 27/5/19; 17/6/19 - 8/7/19; 29/7/19 - 19/8/19; 9/9/19 - 30/9/19; 22/10/19