



NOOK LANE JUNIOR



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

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 5/11/18 - 26/11/18 : 17/12/18 - 7/1/19 26/1/19 - 16/2/19 : 13/3/19 - 1/4/19	Main Course	Turkey Meatballs with Mashed Potatoes and Tomato sauce	Lasagne with Garlic Dough Balls	Roast Chicken with Mashed Potatoes, Stuffing and Gravy	Chicken Curry with Brown Rice and Garlic Naan Bread	Fish with Chips
	Vegetarian Main Course	Macaroni Cheese	Vegetable Sausages with Gravy & Mash	Roast Quorn with Mashed Potatoes, Stuffing & Gravy	Vegetable Tortilla Lasagne with Garlic Doughballs	Vegetable Spring Roll with a Curry Sauce and Chips
	Jacket Potato & Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
	Sandwiches	Cheese	Tuna	Hot Roast Sandwich	Ham	Fish Finger Wrap
	Vegetables	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Sliced Green Beans & Savoy Cabbage	Roasted Peppers, Sweetcorn & Cauliflower	Garden Peas & Baked Beans
	Dessert	Banana & Chocolate Muffin	Cherry and Sultana Flapjack	Fruit Jelly & Ice cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 12/11/18 - 3/12/18 : 24/12/18 : 14/1/19 4/2/19 : 25/2/19 : 18/3/19 : 8/4/19	Main Course	Salmon and Tuna Pasta Bake and Garlic Bread	Meat and Potato Pie	Roast Gammon with Roast Potatoes, Yorkshire Pudding and Gravy	Shepherd's Pie with Gravy	Fish Fingers with Chips
	Vegetarian Main Course	Vegetable Pizza Slice with a Half Jacket Potato and Salad	Roasted Winter Vegetable Casserole Topped with Cheesy Croutons	Roast Quorn served with Roast Potatoes, Yorkshire Pudding & Gravy	Vegetable Curry with Coriander Rice	Bean Burrito with Chips and Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
	Sandwiches	Cheese	Tuna	Hot Roast Sandwich	Ham	Fish Finger Wrap
	Vegetables	Garden Peas & Baked Beans	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas & Baked Beans
	Dessert	Apple Crumble with Custard	Fruity Flapjack	Fruit Jelly with Ice cream	Banana Gingerbread Pudding with Custard	Blueberry Muffin/Cake
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 19/11/18 - 10/12/18 : 31/12/18 - 21/1/19 11/2/19 : 4/3/19 : 25/3/19	Main Course	Sausages & Mash with Gravy	Beef Bolognese with Penne Pasta	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Chicken with Rice and Tomato Sauce	Fish Fingers with Chips
	Vegetarian Main Course	Bubble and Squeak Frittata Slice with Mixed Salad	Mexican Bean Stew with a Tomato Sauce and Flatbread	Roast Quorn with Roast Potatoes, Stuffing & Gravy	Chickpea and Aubergine Curry with Brown Rice	Vegetarian Brunch: Vegetarian Sausage, Baked Beans, Mushroom & Hash Browns
	Jacket Potato & Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
	Sandwiches	Cheese	Tuna	Hot Roast Sandwich	Ham	Fish Finger Wrap
	Vegetables	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables & Broccoli	Garden Peas & Baked Beans
	Dessert	Eves Pudding & Custard	Flapjack	Fruit Jelly & Ice Cream	Banana Muffin or Traybake	Chocolate Crunch Slices

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.