

# Chater Junior Menu Winter/Spring 2019/20

<b>WEEK 1</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken Sausages with Gravy and Creamed Potatoes	Lamb Pasta Bolognaise	Roast Chicken with Sage and Onion Stuffing and Roast Potatoes or Wholemeal Pasta	Lamb Burrito with Diced Potatoes	Salmon Nibbles with low fat Chips or Pasta
Beany Bolognaise with Pasta (v)	Cheese and Broccoli Bake (v)	Spanish Omelette with Roast Potatoes or Wholemeal Pasta (v)	Quorn Hot Dog with Diced Potatoes (v)	Cheese and Tomato Pizza with low fat Chips or Pasta (v)
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
<b>WEEK 2</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken Curry with Rice	Lamb Lasagne with Side Salad	Roast Chicken with Sage and Onion Stuffing and Roast Potatoes or Wholemeal Pasta	Chicken Fillet in a Bun with Potato Wedges	Fish Fillet with low fat Chips or Pasta
Cheese Pinwheel with Diced Potatoes (v)	Quorn Pattie with Potato Wedges (v)	Veggie Sausages with Roast Potatoes or Wholemeal Pasta (v)	Creamy Vegetable Pie (v) with Potato Wedges	Cheese and Tomato Pizza with low fat Chips or Pasta (v)
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
<b>WEEK 3</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Lamb Flatbread with Savoury Rice	Lamb Shepherd's Pie	Roast Chicken with Sage and Onion Stuffing and Roast Potatoes or Wholemeal Pasta	Chicken Pie with Creamed Potatoes	Fish Fingers with low fat Chips or Pasta
Vegetable Bake topped with Crispy Potatoes (v)	Macaroni Cheese with Garlic Bread (v)	Vegetable Curry with Rice (v)	Italian Pasta Bake (v)	Cheese and Tomato Pizza with low fat Chips or Pasta (v)
Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings