

Nurseries Lunch Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	English Muffins with Cream Cheese	Crumpets with Mixed Jam	Warm Raisin Bagel with Unsalted Spread	Fresh Fruit	Scones
MAIN COURSE	Mixed vegetable pesto pasta With Freshly Baked Garlic Bread --- Steamed Carrots	Chicken Souvlaki Or Chickpea & summer vegetable medley With Vegetable rice --- Flat bread Steamed Green Beans	Beef Lasagne Or Vegetarian Bolognese & penne --- Cauliflower	Honey & Mustard Roast Chicken Or Honey & Mustard tofu With Roasted Potatoes --- Broccoli, Savoy Cabbage & gravy	Breaded Fish Fingers Or Quorn Fishless Fingers With New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Bacon & Panko Herb Crumble	Mint Garlic dip & Hummus	Bruschetta & Crusty Bread	Cauliflower Cheese	Cucumber & Caper Tartar Sauce
DESSERT	Organic Ice lollies	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Apple & Strawberry Crumble with Custard	Gingerbread Biscuits	Coconut Sponge cake
Afternoon Snack	Banana & Berry Smoothie	Fresh Fruit	Watermelon Slices	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Honeydew Melon Slices
Afternoon Tea	Homemade Sausage Roll with Cucumber & Pepper sticks	Jacket Potato Halves Served with Cheese & Beans	Fish goujon hot dogs With Sweet potato bites	Mixed vegetable stir fry rice	Carrot & coriander Soup Served with Homemade Focaccia

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	English Muffins with Cream Cheese	Crumpets with Mixed Jam	Warm Raisin Bagel with Unsalted Spread	Fresh Fruit	Scones
MAIN COURSE	Tuna and sweetcorn pasta Or Creamy mushroom pasta --- Steamed Broccoli	Chicken and mixed pepper fajitas Or Tofu and mixed pepper fajitas With Golden Vegetable rice --- Mini Wraps & sweetcorn	Super beef chilli Or Super bean chilli With Rice	Roast Turkey Or Falafel stuffed peppers With Roasted Potatoes --- Carrots, Green beans & gravy	Breaded Fish Fingers Or Quorn Fishless' Fingers With Roasted New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Tomato, red onion & basil balsamic salad	Guacamole	Tortilla chips	Cauliflower cheese	Cucumber & Caper Tartar Sauce
DESSERT	Mixed melons	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Cherry & Carrot Sponge	Gingerbread Biscuits	Organic Ice Lollies
Afternoon Snack	Fresh Fruit	Banana & Berry Smoothie	Watermelon Slices	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Honeydew Melon Slices
Afternoon Tea	Cumberland sausage mini hot dog & spaghetti hoops	Fish Tacos With Herb diced tomato	Warm Pea & Basil Pesto Pasta	Jacket Potato Halves Served with Cheese & Beans	Tomato and basil soup Served with Homemade Cheese twist

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	English Muffins with Cream Cheese	Crumpets with Mixed Jam	Warm Raisin Bagel with Unsalted Spread	Fresh Fruit	Scones
MAIN COURSE	Red pepper & tomato Arrabbiata pasta With Homemade Focaccia --- Garden Peas	Sweet & Sour Chicken Or Sweet & Sour Tofu With Vegetable Rice --- Steamed Broccoli	Cumberland Sausages Or Vegetarian Sausage With Creamy leeks mash Potato --- Cauliflower & Gravy	Breaded Chicken Katsu Or Tofu Katsu Curry With Rice --- Curried Carrots & Parsnips	Breaded Fish Fingers Or Quorn 'Fishless' Fingers With Roasted New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Tossed Mixed Salad with a French Vinaigrette	Prawn Crackers	Caramelised Red Cabbage and onion	Vegetable Spring rolls	Cucumber & Caper Tartar Sauce
DESSERT	Greek Or Dairy free Yoghurt with a Homemade Fruit Compote	Apple & Cinnamon Cake	Baked Pears	Raspberry jelly	Gingerbread Bites
Afternoon Snack	Fresh Fruit	Banana & Berry Smoothie	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Watermelon Slices	Honeydew Melon Slices
Afternoon Tea	Battered chicken burger With mini corn cob	Flatbread Red pepper pizza With Veg sticks	Salmon Fishcakes with Cucumber Sticks	Jacket Potato Halves Served with Cheese & Beans	Roasted Sweet Potato Soup Served with Homemade Focaccia