

Nursery Weekly 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	Strawberry scone Unsalted Spread
MAIN COURSE	Sweet Potato Macaroni Cheese Or Gluten Free Pasta with Dairy Free Broccoli Basil Pesto With Freshly Baked Garlic Bread --- Roasted Broccoli	Chicken Souvlaki Or Chickpea & summer vegetable medley With Pearl Barley --- Flat bread Steamed Green Beans	Beef & Mixed Bean Super Chilli Or Five Bean Super Chilli With Turmeric Rice --- Cauliflower	"Honey" & Mustard Roast Chicken Or Quorn Vegan fillets With Roasted Potatoes --- Broccoli, Savoy Cabbage & gravy	Breaded Fish Fingers Or Quorn 'Fishless' Fingers With Roasted New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Bacon & Panko Herb Crumble	Mint Garlic dip & Hummus	Chilli Tortilla Chips	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	Fish goujon hot dogs With Sweet potato bites	Jacket Potato Halves Served with Cheese & Beans	Warm Chickpea Curry with taboon flatbread	Homemade Sausage Roll with Cucumber & Carrot sticks	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	Strawberry scone Unsalted Spread
MAIN COURSE	Vegan mince and vegetable lasagne --- Steamed Broccoli & fresh bread	Chicken and mixed pepper fajitas Or Tofu and mixed pepper fajitas With Golden Vegetable rice --- Mini Wraps & sweetcorn	Teriyaki Beef Or Chickpea and Mushroom Stir-fry With Rice --- Cauliflower	Roast Turkey Or Quorn Vegan fillets With Roasted Potatoes --- Carrots, Green beans & gravy	Breaded Fish Fingers Or Quorn 'Fishless' Fingers With Roasted New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Bacon & Panko Herb Crumble	Guacamole	Vegetable Spring Rolls	Cauliflower cheese	Cucumber & Caper Tartar Sauce
DESSERT	Mini Belgium waffles With Chocolate & strawberry sauce	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 Vegan slaw	Jacket Potato Halves Served with Cheese & Beans	Warm Chickpea & Basil Pesto Pasta	Tomato and basil soup Served with Homemade Focaccia

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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	Strawberry scone Unsalted Spread
MAIN COURSE	Lightly spiced roasted red pepper & vegetable Arrabiatta 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	Homemade Chicken Katsu Or Chickpea & 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	Homemade Turkey Sliders With homemade slaw	Flatbread Red pepper pizza	Jacket Potato Halves Served with Cheese & Beans	Salmon Fishcakes with Cucumber Sticks	Roasted Sweet Potato Soup Served with Homemade Focaccia