

NURSERYMENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Organic Whole Milk				
	Toast (Wholemeal), Crumpets, Bagels or English Muffins served with Non-Dairy Spread, Cup of Organic Whole Milk to Drink				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Mixed Bean Tagine with Vegetables served with Wholegrain Rice	Mashed Potato Topped Fish Pie served with Green Beans	Spaghetti Beef and Mushroom Bolognese served with Carrots	Chicken and Pepper Fajitas served with Sweetcorn and Tomato Salsa	Lamb Moussaka served with Parsnips
LUNCH - VEGETARIAN OPTION		Mashed Potato Topped Lentil Pie served with Green Beans	Spaghetti Vegetarian Bolognese served with Carrots	Quorn Fillets and Pepper Fajitas served with Sweetcorn and Tomato Salsa	Red Lentil Moussaka served with Parsnips
DESSERT	Currant Sponge and Custard	Frozen Yoghurt	Yoghurt and Fruit	Seasonal Fruit Salad	Stewed Apples and Custard
AFTERNOON SNACK	Selection of Rice Cakes, Cumin Straws, Savoury Scones and Homemade Wholemeal Bread served with Homemade Houmous and Homemade Dips				
TEA	Jacket Potato topped with Cream Cheese and Spring Onions served with Cucumber and Carrot Sticks	Parsnip, Butterbean and Apple Soup served with Wholemeal Bread	Salmon and Pea Risotto served with Broccoli	Cauliflower and Lentil Cheese Pasta Bake served with Carrots	Wholemeal Pitta Pizza with Various Toppings
TEA - VEGETARIAN OPTION			Tofu and Pea Risotto served with Broccoli		
DESSERT	Yoghurt and Fruit	Rice Pudding with Dried Apricots	Flapjack	Frozen Yoghurt	Sorbet and Shortbread Fingers