

Nursery Weekly Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	English Muffins with Cream Cheese	Warm Raisin Bagel with Unsalted Spread	Crumpets with Mixed Jam	Fresh Fruit	Strawberry scone Unsalted Spread
MAIN COURSE	Lemon and herb Chicken Or Lemon and herb Tofu With Golden vegetable rice --- Sweetcorn	Sweet Potato Macaroni Cheese Or Gluten Free Pasta with Dairy Free Broccoli Basil Pesto With Freshly Baked Garlic Bread --- Cauliflower	Beef & Mixed Bean Super Chilli Or Five Bean Super Chilli With Turmeric Rice --- Green Beans	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	Cucumber, Tomato and sweetcorn salsa	Bacon & Panko Herb Crumble	Chilli Tortilla Chips	Sage & Onion Stuffing	Cucumber & Caper Tartar Sauce
DESSERT	Raspberry and Coconut Sponge cake	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Apple & Strawberry Crumble with Custard	Gingerbread Biscuits	Blueberry & Lemon Cake
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	Warm chickpea, sweetcorn and Pineapple salsa with taboon flatbread	Fish goujon hot dogs With Sweet potato bites	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Homemade Sausage Roll with Cucumber & Carrot sticks	"Chicken" & sweetcorn Soup Served with Homemade Focaccia

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	English Muffins with Cream Cheese	Warm Raisin Bagel with Unsalted Spread	Crumpets with Mixed Jam	Fresh Fruit	Strawberry scone Unsalted Spread
MAIN COURSE	Chicken and mixed pepper fajitas Or Tofu and mixed pepper fajitas With Golden Vegetable rice --- Mini Wraps & sweetcorn	Vegan Mince & mushroom bolognese With Penne pasta --- Roasted carrots & fresh bread	Teriyaki Beef Or Chickpea and Mushroom Stir-fry With Rice --- Steamed Broccoli	Roast Turkey Or Quorn Vegan fillets With Roasted Potatoes --- Carrots, Broccoli & gravy	Breaded Fish Fingers Or Quorn 'Fishless' Fingers With Roasted New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Guacamole	Bacon & Panko Herb Crumble	Vegetable Spring Rolls	Cauliflower cheese	Cucumber & Caper Tartar Sauce
DESSERT	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Mini Belgium waffles With Chocolate & strawberry sauce	Cherry & Carrot Sponge	Gingerbread Biscuits	Eton Mess
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	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	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	Warm Raisin Bagel with Unsalted Spread	Crumpets with Mixed Jam	Fresh Fruit	Strawberry scone Unsalted Spread
MAIN COURSE	Salt and Pepper Chicken Or Salt and Pepper Tofu With Vegetable Rice --- Steamed Broccoli	Lightly spiced roasted red pepper & vegetable Arrabiatta pasta With Homemade Focaccia --- Garden Peas	Homemade Chicken Katsu Or Chickpea & Tofu Katsu Curry With Rice --- Curried Carrots & Parsnips	Cumberland Sausages Or Vegetarian Sausage With Creamy leeks mash Potato --- Cauliflower & Gravy	Breaded Fish Fingers Or Quorn 'Fishless' Fingers With Roasted New Potatoes --- Garden Peas & Sweetcorn
Spice it up	Prawn Crackers	Tossed Mixed Salad with a French Vinaigrette	Vegetable Spring rolls	Caramelised Red Cabbage and onion	Cucumber & Caper Tartar Sauce
DESSERT	Apple & Cinnamon Cake	Apple Crunch Served with a Sweet Cream	Greek Or Dairy free Yoghurt with a Homemade Fruit Compote	Gingerbread Bites	Homemade banana Bread
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	Falafel Bites with Roasted Pepper Hummus, Cucumber and cherry tomato salad With Pitta Pieces	Homemade beef Sliders With homemade slaw	Salmon Fishcakes with Cucumber Sticks	Jacket Potato Halves Served with Cheese & Beans	Roasted Sweet Potato Soup Served with Homemade Focaccia