

Nursery Menu

Spring/Summer 2019/2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Menu

Week 1

Beef and mushroom stroganoff (or bean and mushroom stroganoff) served with rice

Banana buns

Pasta Primavera served with garlic bread

Yogurt and dried apricots

Gammon (or Quorn fillet) served with a parsley sauce, new potatoes and green beans

Seasonal fruit platter

Cod, potato and spinach curry (or lentil, potato and spinach curry) with cous cous

Creamy apricot dessert

Chicken and Vegetable pie (or cheese and vegetable pie) with roast potatoes & spring greens

Summer crumble and custard

Tea Time Menu

Chicken Fajitas (or Vegetarian red pepper fajitas)

Seasonal Fruit kebabs

Lamb and mint Koftas (or veggie mince and mint koftas) with Pumpkin sauce and wholemeal pita bread

Apple slices and dates

Salmon and broccoli pasta (or lentil and broccoli pasta) served with sweetcorn

Semolina and Plum compote

Homemade ham flatbread (or cheese flatbread)

Grapes and melon

Bean and Vegetable enchiladas

Dairy Ice cream and mango slices

Lunch Menu

Week 2

BBQ chicken (or BBQ Quorn pieces) served with new potatoes and roast vegetables

Lemon and sultana cake

Beef and spinach curry (or chickpea and spinach curry) served with white rice and naan bread

Mango and peach cobbler

Steamed cod in pumpkin and pepper sauce (or tofu) served with cous cous and green beans

Rice pudding and raspberries

Vegetable and red lentil dhansak served with brown rice

Fruit, jelly and ice cream

Turkey meatballs (or veggie meatballs) served with white spaghetti

Peach fool ripple

Tea Time Menu

Cous cous and chickpea salad

Rice pudding and raisins

Sardine pate (or pinto bean spread) on white toast and grilled tomatoes

Fruit yogurt pots

Billy Can Beans (veggie sausage and beans) served with wholemeal pasta

Seasonal fruit kababs

Lemon chicken (or lemon soya) wrap with lettuce and cucumber

Vegan Yogurt and Mixed fruit

Pea and asparagus frittata served with new potato salad

Pineapple slices

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TUESDAY

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THURSDAY

FRIDAY

Lunch Menu

Week 3

Thai chicken curry (or Thai tofu curry) served with white rice

Seasonal fruit salad

Lamb Moussaka (or lentil moussaka) served with garlic bread and mixed salad

Rhubarb fool

Pork Ragu (or soya and apple ragu) served with new potatoes, broad beans and courgettes

Pineapple upside down pudding and custard

Salmon and pea risotto (or bean and pea risotto)

Blueberry sponge cake

Bean and veggie sausage wholemeal pasta bake

Vegan yogurt served with raspberry puree

Tea Time Menu

Bean and Pumpkin gnocchi bake served with wholemeal bread and spread

Strawberry Frozen yogurt

Tuna Fishcakes (or potato and lentil cakes) served with pumpkin relish

Seasonal fruit salad

Pasta with beans and peas

Rice pudding served with peach puree

Wholemeal English muffin pizza with various topping

Banana Slices served with custard

Crustless quiche served with potato salad and pepper sticks

Apple slices and raisins

Lunch Menu

Week 4

Beef and spinach curry (or chickpea and spinach curry) served with white rice and naan bread

Mango and peach cobbler

Gammon (or Quorn fillet) served with a parsley sauce, new potatoes and green beans

Seasonal fruit platter

Steamed cod in pumpkin and pepper sauce (or tofu) served with cous cous and green beans

Rice pudding and raspberries

Chicken and Vegetable pie (or cheese and vegetable pie) with roast potatoes & spring greens

Summer crumble and custard

Turkey meatballs (or veggie meatballs) served with white spaghetti

Peach fool ripple

Tea Time Menu

Sardine pate (or pinto bean spread) on white toast and grilled Pumpkin

Fruit yogurt pots

Homemade ham flatbread (or cheese flatbread)

Grapes and melon

Lemon chicken (or lemon soya) wrap with lettuce and cucumber

Vegan yogurt and mixed fruit

Lamb and mint Koftas (or veggie mince and mint koftas) with pumpkin sauce & wholemeal pita bread

Apple slices and Raisins

Pea and asparagus frittata served with new potato salad

Pineapple slices