



## Nursery Menu

### Spring & Summer 2021 - Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served until 8am)	A selection of cereals or toast with milk is available every morning (2,7)				
<b>Morning Snack</b> (served from 10am)	Watermelon	Homemade oat cookies (2,4,7)	Kiwi and blueberries	Banana slices	Breadsticks with soft cheese (2,7)
<b>Lunch</b> (served from 11:30am) Starter		Guacamole with homemade tortilla chips (7,14)		Melon slices	
<b>Lunch</b> Main	Vegetable lasagne with Chef's salad (V) (2,7)	Beef chilli with homemade potato wedges (1)	Jacket potato with home-baked beans and cheese (V) (1,5,7)	Chicken and lentil shepherd's pie with peas (2,7)	Jamaican fish curry with brown rice (V) (2)
<b>Lunch</b> Dessert	Peach and raspberry fruit salad with mascarpone (7)		Chocolate profiteroles (2,4,7)		Strawberry and banana smoothie (VE) (2)
<b>Afternoon Tea</b> (served from 3pm)	Two-cheese and tomato sandwiches with carrot and cucumber sticks (2,7)	Sundried tomato and basil pinwheels with pepper sticks (2,7)	Chicken salad sandwiches with carrot and cucumber sticks (2,7)	Ploughman's Tea (1,2,7)	Ham salad sandwiches with carrot and cucumber sticks (2,7)
This menu will be served on week's commencing 5 <sup>th</sup> April, 26 <sup>th</sup> April, 17 <sup>th</sup> May, 7 <sup>th</sup> June, 28 <sup>th</sup> June, 19 <sup>th</sup> July, 9 <sup>th</sup> August, 30 <sup>th</sup> August and 20 <sup>th</sup> September					

Our nursery menus incorporate lots of different flavours, textures and colours to make meal times exciting (along with some child-favourites too). Where possible, we try to incorporate "5 a Day" taking into account morning snack, lunch and afternoon tea. Children have access to water and milk throughout the day. Vegetarian dishes are marked with a (V) and Vegan with a (VE). Allergens are displayed in brackets next to each dish. Children with dietary requirements and allergies are catered for separately but our nursery chef will do their best to keep their meal as close to the menu as possible. Whilst our chefs do their best to cater for those with allergies or intolerances we cannot guarantee the total absence of nuts or allergens in our food.



## Nursery Menu

### Spring & Summer 2021 - Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served until 8am)	A selection of cereals or toast with milk is available every morning (2,7)				
<b>Morning Snack</b> (served from 10am)	Banana slices	Breadsticks with soft cheese (2,7)	Homemade oat cookies (2,4,7)	Kiwi and blueberries	Watermelon
<b>Lunch</b> (served from 11:30am) Starter	Onion bhaji with raita (2,7)				Baba ghanoush with flat bread (2,12)
<b>Lunch</b> Main	Spinach, sweet potato and lentil dahl (VE) (2,12)	Salmon egg-fried rice (V) (2,4,5,12)	Broccoli cheddar mac and cheese (V) (2,4,7)	Mediterranean chicken tray bake (7)	Moussaka with Greek salad (2,4,7)
<b>Lunch</b> Dessert		Frozen strawberry yoghurt (7)	Mango and pineapple smoothie (VE) (2)	Lemon Cheesecake (2,4,7)	
<b>Afternoon Tea</b> (served from 3pm)	Two-cheese and tomato sandwiches with carrot and cucumber sticks (2,7)	Sausage plait with tomato sauce (2,4,7)	Ham salad sandwiches with carrot and cucumber sticks (2,7)	Tomato bruschetta with mozzarella (2,7)	Chicken salad sandwiches with carrot and cucumber sticks (2,7)
This menu will be served on week's commencing 12 <sup>th</sup> April, 3 <sup>rd</sup> May, 24 <sup>th</sup> May, 14 <sup>th</sup> June, 5 <sup>th</sup> July, 26 <sup>th</sup> July, 16 <sup>th</sup> August, 6 <sup>th</sup> September and 27 <sup>th</sup> September					

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## Nursery Menu

### Spring & Summer 2021 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served until 8am)	A selection of cereals or toast with milk is available every morning (2,7)				
<b>Morning Snack</b> (served from 10am)	Kiwi and blueberries	Watermelon	Breadsticks with soft cheese (2,7)	Banana slices	Homemade oat cookies (2,4,7)
<b>Lunch</b> (served from 11:30am) Starter		Mini papadums with mango chutney (2,11,12)		Skinny carrot fries (2)	
<b>Lunch</b> Main	Pappardelle pasta with roasted red pepper sauce (V) (2,7)	Chicken curry with basmati rice (2)	Hungarian pork goulash with new potatoes	Summer risotto with mint and marjoram pesto (V) (2,7)	Fish cakes with sweet potato mash, peas and sweetcorn (V) (2,4,5,7)
<b>Lunch</b> Dessert	Banana Bread (2,4,7)		Super berry smoothie (VE) (2)		Victoria sponge cake (2,4,7)
<b>Afternoon Tea</b> (served from 3pm)	Two-cheese and tomato sandwiches with carrot and cucumber sticks (2,7)	Homemade nachos topped with cheese, tomato salsa and guacamole (2,7,14)	Chicken salad sandwiches with carrot and cucumber sticks (2,7)	Cheese and bacon potato boats with cherry tomatoes (7)	Ham salad sandwiches with carrot and cucumber sticks (2,7)
This menu will be served on week's commencing 19 <sup>th</sup> April, 10 <sup>th</sup> May, 31 <sup>st</sup> May, 21 <sup>st</sup> June, 12 <sup>th</sup> July, 2 <sup>nd</sup> August, 23 <sup>rd</sup> August and 13 <sup>th</sup> September					

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