**Nursery Menu – Week 1 (Autumn/Winter)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast\*** | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit |
| **Lunch** | Lamb or Bean hotpot  Runner beans  Baton swede  Fruits of the forest crumble & custard | Chicken or vegetable a la king  Brown rice  Apple meringue | Five bean pie with a cheesy potato topping  Garden peas, sliced carrots  Fruit salad & custard | Macaroni cheese  Sweet corn  Green beans  Pear & chocolate sponge with chocolate sauce | Fish or vegetable medley  Rice  Petit poi, baton carrots  Baked egg custard |
| **Tea** | Savoury biscuits and cheese  Vegetable crudités | Bagel topped with scrambled egg, Carrot sticks | Spaghetti rings  Wholemeal toast | Carrot & coriander soup  Wholemeal bread roll | Potato waffles  Baked beans & cheese |

**\*Breakfast will be a either cereal, toast or fruit**

**Vegetarian options are available; adaptations can be made to this menu to meet dietary or cultural needs**

**Water will be available with every meal**

**Nursery Menu – Week 2 (Autumn/Winter)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast\*** | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit |
| **Lunch** | Chicken or quorn chasseur  Wholemeal rice  Pear & apricot crumble | Cheese or vegetable quiche  New potatoes  Sweet corn, mange tout  Fruit salad and yoghurt | Lamb or vegetable pie  Garden peas, cabbage  Baked rice pudding | Tomato & spinach mozzarella lattice  Green beans, sweet corn  Apple & orange fool | Cod in breadcrumbs or vegetable mornay  Mashed potato, courgettes  Sultana sponge pudding & custard |
| **Tea** | Wholemeal marmite fingers or cream cheese sandwiches  Vegetable crudités | Sausage roll  Baked beans & cheese | Chicken or vegetable soup  Wholemeal roll | Pita bread with chicken or vegetable stir fry | Texan pizza  Green salad |

**\*Breakfast will be a either cereal, toast or fruit**

**Vegetarian options are available; adaptations can be made to this menu to meet dietary or cultural needs**

**Water will be available with every meal**

**Nursery Menu – Week 3 (Autumn/Winter)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit |
| **Lunch** | Sausage and mash  Broccoli  Gravy  Sultana Cake | Meatballs in tomato sauce with pasta or vegetable pasta bake  Arctic Roll | Cheese and potato pie  Broccoli  Flapjack | Chilli Con Carne with rice  Fresh Fruit Salad | Tuna and pasta bake  Peas  Scone. Cream and jam |
| **Tea** | Toast with jam or marmite | Jacket wedges with cheese and chive | Tomato and lentil soup and bread roll | Dauphinoise potatoes and beans | Ham sandwiches and coleslaw |

**\*Breakfast will be a either cereal, toast or fruit**

**Vegetarian options are available; adaptations can be made to this menu to meet dietary or cultural needs**

**Water will be available with every meal**

**Nursery Menu – Week 4 (Autumn/Winter)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit | Cereal/Toast/Fruit |
| **Lunch** | Penne pasta with Neapolitan sauce  Ice Cream and Fruit | Turkey and vegetable  Pie  Potatoes  Fresh fruit salad | Cottage pie  Cauliflower  Banana cake and custard | Fish mornay and potatoes  Peas  Yoghurts | Chicken & vegetable casserole Rice  Chocolate chip cookie |
| **Tea** | Jacket potatoes with cheese and ratatouille | Spicy carrot soup and bread roll | Muffins and cheese or beans | Boulanger potatoes  and spaghetti | Jacket wedges and beans |

**\*Breakfast will be a either cereal, toast or fruit**

**Vegetarian options are available; adaptations can be made to this menu to meet dietary or cultural needs**

**Water will be available with every meal**