

<b>Nursery &amp; Pre-School Menu – Week 1</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Weetabix or Rice Krispies, Toast	Weetabix or Cornflakes, Toast	Weetabix or Rice Krispies, Toast	Weetabix or Cornflakes, Toast	Weetabix or Shreddies, Toast
<b>AM SNACK</b> Served with milk	Pear Slices	Plums	Strawberries	Apple Slices	Mango Pieces
<b>LUNCH</b>	Chicken & Butternut Squash Risotto	Cheese & Bean Hotpot	Salmon Stir Fry	Shepherd Pie with Potato and Sweet Potato Topping**	Macaroni Cheese with Chicken
<b>VEGETARIAN OPTION</b>	Mixed Bean & Butternut Squash Risotto		Quorn Stir Fry	Soya Mince Pie	Macaroni Cheese with Quorn
<b>SIDE DISH</b>	Cauliflower & Green Beans	Swede & Broccoli	Noodles	Savoy Cabbage	Garlic Bean, Peas & Sweetcorn
<b>DESSERT</b>	Bananas & Custard	Homemade Carrot Cake	Natural Yoghurt with Mandarins	Semolina with Pureed Fruit	Melon Medley
<b>TEA</b>	Mini Courgette & Cheese Muffin, Crudities with Mariana Sauce ** <b>Fresh Fruit</b>	Tuna and Sweetcorn / Egg Mayo Pitta Pockets <b>Dried Fruit</b>	Homemade Carrot and Coriander Creamy Soup Bread Roll <b>Fresh Fruit</b>	Beans on Toast with Grated Cheese <b>Dried Fruit</b>	Homemade Cheese Straws with Mint Yogurt Dip Cherry Tomatoes <b>Fresh Fruit</b>
<b>PM SNACK</b> Served with milk	Breadsticks and Garlic Dip	Rice Cakes	Cream Crackers with Cream Cheese	Oatcakes	Petits Filous
<p><b>Children have access to water throughout the day and also served with breakfast, lunch and tea.</b>  <b>Where possible milk is organic, and bread is 50/50</b></p> <p><b>** Chrysalis 5-a-day Sauce – On meals where you see **, our delicious homemade tomato sauce is used. This is made with loads of lovely vegetables to get extra into our children’s diets</b></p>					

<b>Nursery &amp; Pre-School Menu – Week 2</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Weetabix or Shreddies, Toast	Weetabix or Rice Krispies, Toast	Weetabix or Cornflakes, Toast	Weetabix or Shreddies, Toast	Weetabix or Rice Krispies, Toast
<b>AM SNACK Served with milk</b>	Satsumas	Melon Chunks	Apple Slices	Pineapple Fingers	Pear Slices
<b>LUNCH</b>	Sweet Potato, Squash, & Red Lentil Curry	Ocean Pie	Pasta Bolognese with Grated Cheese **	Chicken, Barley & Vegetable Casserole **	Homemade Cod Goujons
<b>VEGETARIAN OPTION</b>		Quorn Pie	Soya Mince Bolognese	Mixed Bean or Quorn & Vegetable Casserole	Mixed Bean & Chickpea Patties
<b>SIDE DISH</b>	Rice & Naan Bread	Peas & Green Beans	Garlic Bread	Bread & Butter	New Potatoes, Broccoli & Homemade Tartare Sauce
<b>DESSERT</b>	Natural Yogurt with Mixed Berries	Rice Pudding with Pureed Fruit	Homemade Raisin & Banana Muffin	Peach & Oat Crumble with Custard	Fruit Yogurt
<b>TEA</b>	Houmous and Grated Carrot / Turkey Sandwiches <b>Fresh Fruit</b>	Homemade Mini Pizza with Chicken (Quorn) & Sweetcorn ** <b>Dried Fruit</b>	Plain Bagels with Cream Cheese and Cucumber <b>Fresh Fruit</b>	Spaghetti Hoops with Scrambled Egg <b>Dried Fruit</b>	Pitta Bread with Crudities and Homemade Dips <b>Fresh Fruit</b>
<b>PM SNACK Served with milk</b>	Corn Cakes	Oatcakes	Petits Filous	Breadsticks with Cheese & Chive Dip	Cream Crackers with Sliced Cheese
<p><b>Children have access to water throughout the day and also served with breakfast, lunch and tea.</b>  <b>Where possible milk is organic, and bread is 50/50</b></p> <p><b>** Chrysalis 5-a-day Sauce – On meals where you see **, our delicious homemade tomato sauce is used. This is made with loads of lovely vegetable to get extras into our children’s diets</b></p>					

### Nursery & Pre-School Menu – Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Weetabix or Rice Krispies, Toast	Weetabix or Cornflakes, Toast	Weetabix or Shreddies, Toast	Weetabix or Rice Krispies, Toast	Weetabix or Cornflakes, Toast
<b>AM SNACK Served with milk</b>	Grapes	Pear Slices	Pineapple Fingers	Strawberries	Apple Slices
<b>LUNCH</b>	Salmon Pasta Bake **	Chicken and Vegetable Tikka **	Lentil & Vegetable Pie **	Roast Chicken	Jacket Potato with Chilli & Sour Cream
<b>VEGETARIAN OPTION</b>	Quorn Pasta Bake	Chickpea and Vegetable Tikka		Quorn Fillet	Jacket Potato with Soya Mince Chilli & Sour Cream
<b>SIDE DISH</b>	Carrots & Broccoli	Rice, Garlic Naan	Mashed Potatoes and Green Beans	Roast Potatoes, Carrots, Swede, Peas and Gravy	Mixed Leave Salad & Baby Plum Tomatoes
<b>DESSERT</b>	Banana and Peach Smoothies	Handmade Ginger Biscuit with Satsuma	Natural Yogurt with Raisins	Jelly with Fruit Pieces	Banana Loaf with Custard
<b>TEA</b>	Crumpets with Cream Cheese, Sugar Snap Peas and Baby Corn <b>Dried Fruit</b>	Scrambled Egg on Toast  <b>Fresh Fruit</b>	Chicken/Quorn & Avocado Wraps  <b>Fresh Fruit</b>	Crackers with Sliced Cheese, Sliced Peppers and Cucumber Sticks <b>Dried Fruit</b>	Homemade Roasted Pepper, Tomato and Ricotta Soup ** <b>Fresh Fruit</b>
<b>PM SNACK Served with milk</b>	Oatcakes	Petits Filous	Rice Cakes	Lentil Cakes	Breadsticks with Houmous
<p>Children have access to water throughout the day and also served with breakfast, lunch and tea. Where possible milk is organic, and bread is 50/50</p> <p>** <b>Chrysalis 5-a-day Sauce</b> – On meals where you see **, our delicious homemade tomato sauce is used. This is made with loads of lovely vegetable to get extras into our children’s diets</p>					