

Nursery Menu Spring Term 2021

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Week 1	Mon	Tues	Weds	Thurs	Fri
Lunch	Soup (Homemade tomato and Basil) with cheese straws, crutons and salad	Lasagne - Roast veg lasagne with garlic bread, apple and beetroot salad	Frittata with roast seasonal veg salad	Baked potatoes - with a selection of toppings, cheese/vegan cheese, baked beans, hummus, seasonal slaw	Spagetti bolognaise Made with lentils and veg, served with garlic bread and cucumber and avo salad
Dinner	Falafel , with flat bread, hummus and veggie moussaka	Picnic - Vegan sausage rolls, mini sandwiches, crudites selection	Curry - Chickpea and coconut curry with roast butternut, rice, mint yoghurt and cucumber salad	Noodles - served with sticky tofu, and stirfried sugar snaps, tenderstem, carrots and red pepper	Soup - (Carrot and red lentil) with cheese straws, bread sticks, and veg sticks
Week 2	Mon	Tues	Weds	Thurs	Fri
Lunch	Pasta with cheese sauce, homemade vegan pesto with crunchy veg sticks	Baked potatoes - with veggie chilli(not spicy!), cheese and seasonal slaw	Spagetti and 'meat'balls - Homemade lentil 'meatballs' with tomato sauce cheese and salad	Pizza Homemade foccacia pizza with self serving toppings and veg sticks	Mezze - Hummus, Tzatziki, Olives, Pitta, Spinach eggah and Veg Sticks
Dinner	Falafel , with flat bread, hummus and veggie moussaka	Tacos , flour tortilla with crispy quorn fillets, refried beans guacamole and salsa	Soup (homemade carrot and red lentil) with cheese straws, crutons and veg sticks	Frittata with roast seasonal veg salad	Soup - (Carrot and red lentil) with cheese straws, bread sticks and veg sticks

All meals are available vegan and cooked fresh daily for the children, minor substitutions may be made due to availability of ingredients.

The elements of each dish are seperated wherever possible to allow children to assemble themselves. Meals are low in salt and sugar.

Each dish contains fresh vegetables, protein and carbohydrates. We avoid processed foods and also serve fresh fruit and yoghurts for dessert.

Please talk to staff about any specific allergies.

	yellow weeks	week beginning on:	1st and 15th Feb	1st and 15th March	
	green weeks	week beginning on:	8th and 22nd Feb	8th and 22nd March	