

Nursery Menu Summer Term 2021

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Week 1	Mon	Tues	Weds	Thurs	Fri
Lunch	Spagetti bolognaise (quorn mince) and salad	Chilli - home made veggi chilli with sweet potato and kidney beans, served with rice, cheese and avocado wedges	Pasta - with home made pesto, peas, broccoli, cheese and salad	Baked potatoes - with , cheese/vegan cheese, baked beans, seasonal slaw	Pizza - Homemade foccacia pizza with crudete nibbles
Dinner	Fill your own Pitta Pockets! choose from falafel, hummus, cheese, roast veg and salad	Picnic - Vegan sauasge rolls, mini sandwiches, crudites selection	Curry - Chickpea and coconut, rice cucumber salad	Hot dogs - in wholemeal baps with homemade ketchup and salad	Soup- (Carrot and red lentil) with cheese straws, bread sticks, and veg sticks
Week 2	Mon	Tues	Weds	Thurs	Fri
Lunch	Baked potatoes - with veggie chilli(not spicy!), cheese and seasonal slaw	Pasta with cheese sauce and crunchy veg sticks	Chilli - home made veggi chilli with sweet potato and kidney beans, served with rice, cheese and avocado wedges	Pizza Homemade foccacia pizza with self serving toppings and veg sticks	Curry - Chickpea and coconut, rice cucumber salad
Dinner	Picnic - Vegan sauasge rolls, mini sandwiches, crudites selection	Fill your own Pitta Pockets! choose from falafel, hummus, cheese, roast veg and salad	Hot dogs - in wholemeal baps with homemade ketchup and salad	Spagetti bolognaise (quorn mince) and 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:	12th and 26th April	10th and 24th May	7th and 21st June
	green weeks	week beginning on:	19th April and 3rd May	17th and 31st May	14th and 28th June