

Nursery Menu Autumn Term 2021

Week 1	Mon	Tues	Weds	Thurs	Fri
Lunch	Spagetti bolognaise (quorn mince), cheese and salad	Baked potatoes- with , cheese/vegan cheese, baked beans, seasonal slaw	Curry - Chickpea and butternut, brown rice cucumber salad	Pizza - Homemade foccacia pizza with crudités nibbles	Shepherds pie (with plenty of hidden veg and protien) - with peas and broccoli
Tea	Picnic sandwiches/ soup/ crudités/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Carrot soup, Cream cheese and cucumber/ hummus sandwiches, Cheese straws, crudités with Guacamole	Picnic sandwiches/ soup/ crudités/ snacks - eg Red lentil soup, egg and cress/ bean pate sandwiches, pizza pinwheels, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Carrot soup, Cream cheese and cucumber/ hummus sandwiches, Cheese straws, crudités with Guacamole
Week 2	Mon	Tues	Weds	Thurs	Fri
Lunch	Pizza - Homemade foccacia pizza with crudete nibbles	Shepherds pie (with plenty of hidden veg and protien) - with peas and broccoli	Spagetti bolognaise (quorn mince), cheese and salad	Baked potatoes- with , cheese/vegan cheese, baked beans, seasonal slaw	Curry - Chickpea and butternut, brown rice cucumber salad
Tea	Picnic sandwiches/ soup/ crudités/ snacks - eg Butternut soup, Cheese/ Avocado sandwiches, vegan sausage rolls, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Butternut soup, Cheese/ Avocado sandwiches, vegan sausage rolls, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Red lentil soup, egg and cress/ bean pate sandwiches, pizza pinwheels, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudités with hummus	Picnic sandwiches/ soup/ crudités/ snacks - eg Butternut soup, Cheese/ Avocado sandwiches, vegan sausage rolls, crudités with hummus

All the nursery meals are low in salt and sugar. We serve a carefully balanced vegetarian menu.

Each dish contains fresh vegetables, protein and carbohydrates. We avoid processed foods and also serve fresh fruit and plain yoghurt for dessert. Please talk to staff about any specific allergies.