

Nursery Menu Spring 2022

Week 1	Mon	Tues	Weds	Thurs	Fri
Lunch	Mezze Platter. Make your own pittas, with falafel, hummus & salad	Tofu stir fry & rice with side vegetables/ salad	Lasagne with side vegetables/ salad	Frittata with side vegetables/ salad	Bean burgers, served with baps, sauces and salads
Afternoon Tea	Picnic sandwiches/ soup/ crudites/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Carrot soup, Cream cheese and cucumber/ hummus sandwiches, Cheese straws, crudites with Guacamole	Picnic sandwiches/ soup/ crudites/ snacks - eg Red lentil soup, egg and cress/ bean pate sandwiches, pizza pinwheels, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Carrot soup, Cream cheese and cucumber/ hummus sandwiches, Cheese straws, crudites with Guacamole
Week 2	Mon	Tues	Weds	Thurs	Fri
Lunch	Dal & Rice with side vegetables/ salad	Cous cous with roasted vegetables with side salad	Pizza with side vegetables/ salad	Vegetable curry & rice with side vegetables/ salad	Pasta Bake with side vegetables/ salad
Afternoon Tea	Picnic sandwiches/ soup/ crudites/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Red lentil soup, egg and cress/ bean pate sandwiches, pizza pinwheels, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudites with hummus	Picnic sandwiches/ soup/ crudites/ snacks - eg Butternut soup, Cheese/ Avo sandwiches, vegan sausage rolls, crudites with hummus

All our 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.