

## Nursery Menu Summer 2023

<b>Week 1</b>	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
Lunch	<i>Community Meal: Curry and Rice</i>	<i>Build your own wraps -hummus, falafel, cheese and veg</i>	<i>Fussili, with quorn tomato sauce and side vegetables</i>	<i>Pizza and mixed veg salad</i>	<i>Sausage and mash, beans or vegetables</i>
Tea	<i>Sandwiches, cheese/egg, side veg</i>	<i>Veggi chilli, rice, guacamole and cheese</i>	<i>Vegetable Mezze bowl Rice, mashed avocado, olives,vegetables</i>	<i>Sandwiches, cheese/egg, side veg</i>	<i>Sandwiches, vegan sausage rolls, veg sticks</i>
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
Lunch	<i>Veg and chickpea curry with rice and salad</i>	<i>Pasta with red sauce, side vegetables</i>	<i>Roast Vegetable couscous</i>	<i>Dhal with naan bread and salad</i>	<i>Jacket potatoes, cheese and beans, edible pictures!</i>
Tea	<i>Sandwiches, cheese/egg, side veg</i>	<i>Pizza with mixed veg salad</i>	<i>Spaghetti bolognaise (with lentils) crudetes salad</i>	<i>Roast Potatoes, Quorn Nuggets, Green Veg and baked beans</i>	<i>Sandwiches, cheese straws, veg plate</i>

*All our meals are low in salt and sugar.*

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

*Please talk to staff about any specific allergies.*