

Nursery Menu Autumn Term 2024

Week 1	Mon	Tues	Weds	Thurs	Fri
Lunch	Spaghetti Bolognese Lentil based bolognese, with tomato sauce and cheese; served with side vegetables	Veggi Chilli Kidney beans (red or white); served with rice and side vegetables	Curry and Rice Flo's Cafe Weekday Special, served with side vegetables	Pizza Tomato sauce, cheese, and optional pepper/sweetcorn toppings; served with side vegetables	Jacket Potato With beans and cheese; served with side vegetables
Tea	Sandwiches Wholemeal bread, mixed fillings, eg. cheddar, cream cheese, marmite; with vegetables, sausage roll / cheese twist pieces	Soup Served with wholemeal bread sticks and veg./salad	Sandwiches Wholemeal bread, mixed fillings, eg. cheddar, cream cheese, marmite; with vegetables, sausage roll / cheese twist pieces	Roasted Veg. Sweet potato, carrots etc; with cream cheese sauce	Mexican Rice Rice mixed through with vegetables; served with salad/side vegetables
Week 2	Mon	Tues	Weds	Thurs	Fri
Lunch	Curry and Rice Flo's Cafe Weekday Special, served with side vegetables	Pizza Tomato sauce, cheese, and optional pepper/sweetcorn toppings; served with side vegetables	Mezze Platter Falafel, pita bread, served with hummus, grated cheese, and side vegetables	Dahl and Rice Served with side vegetables	Pesto Pasta Fusilli, with homemade pesto; served with side vegetables
Tea	Soup Served with wholemeal bread sticks and veg./salad	Roasted Veg. Roast potato, carrots etc; with cream cheese sauce	Mashed Potato With beans and cheese; served with side vegetables	Sandwiches Wholemeal bread, mixed fillings, eg. cheddar, cream cheese, marmite; with vegetables, sausage roll / cheese twist pieces	Vegan Sausages With potato and side vegetables

All our meals are low in salt and sugar.

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

Please talk to staff about any specific allergies.