



# Spring Menu 19

## Week One

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast
<u>Lunch</u>	Chilli & Rice Turkey mince kidney beans onions, red peppers, grated carrot	Chicken Casserole with new potatoes (mashed potatoe for babies) carrots, swede, parsnips & onions	Vegetable pasta bake topped with cheese sauce peppers, courgette, broccoli, sweetcorn	Homemade tuna fishcakes, mashed potato, cauliflower, broccoli. Served with peas and parsley sauce	Pasta Bolognese onion, peppers, mushrooms, grated carrot pork mince
<u>Dessert</u>	Fruit Yoghurts	Rice Pudding	Banana & Custard	Courgette Cake	Semolina
<u>Tea</u>	Spaghetti on toast  Pears	Homemade Scone  Apple	Pilchards on toast  Melon	A Selection of Sandwiches  Cucumber	Teacakes  Pear
<u>Snacks</u>	Apple and Banana or Orange	Crackers & Orange or Pear	Grapes and Breadsticks	Apple and Pear	Bananas and Apple

Please see allergen lists for separate ingredients. These are available on our website.

Children are given a drink of water or cow's milk with the Breakfast, Lunch and Tea and at snack times. Drinks are freely available throughout the day in Day Nursery and Preschool



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<u>Breakfast</u>	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast
<u>Lunch</u>	Tuna Pasta Bake, sweetcorn, broccoli, green beans	Vegetable Tagine & couscous butternut squash, carrots, sweet potato, chickpeas, tomato, apricots	Savoury Mince & Mash Potato Carrots, Peas, Sweetcorn Pork Mince	Chicken Curry & Rice cauliflower, sweet potato, mushrooms onions	Chicken Jambalaya green beans, tomatoes, red peppers
<u>Dessert</u>	Ground Rice	Apple Pudding & Custard	Rice Pudding	Peach Crumble & Custard	Hap-pea Cake with lemon topping
<u>Tea</u>	Teacakes  Cucumber	Sandwiches  Apple	Homemade Scones  Pear	Beans on toast  Apple	Mini Ploughmans ham and/or hard boiled eggs, crackers, cheese cucumber, grapes
<u>Snacks</u>	Apple and Melon	Pears and Oranges or Breadsticks	Apple and Grapes	Pear and Melon	Apple and Banana or Orange

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