

Nurseries Lunch Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Pick Me Up	Selection of whole fruit	Toasted Crumpet	Over Night Oats	Homemade Malt Loaf	Sliced Melon
Midday Munchies	Homemade Wildfarm Pizza	Mild Chicken Korma Or Vegan One pot Lentil and Sweet Potato Curry	Lasagne Al Forno Or Red Pesto Cheese Tortellini	Herb Basted Roast Turkey with Cranberry Sauce Or Mixed Vegetable and Lentil Wellington	Homemade Smoked Fishcake Or Sweet Potato, Red Peppers and Feta Cake
Flavour pairings	Hand Cut no oil sweet Potato Wedges Sweetcorn	Naan Bread Mixed Vegetable Pilaf Rice Cauliflower Bhaji Mango Chutney	Homemade Focaccia Bread Fine Green Beans Rocket and Parmesan Salad	Yorkshire Pudding Roasted Potatoes Roasted Rainbow Root Vegetables Gravy	Minted Peas Seasonal Greens
Naturally, Sweetened Desserts	Date Brownies	Citrus Shortbread Cheesecake Pots	Orange Polenta Cake	Apple and Pear Streusel Crumble served with Custard	Lemon Syllabub Pots
Snack o'clock	Rice Cakes with cream cheese and cucumber	Watermelon Slices	Carrot, cheddar and smoked paprika scone	Banana and Strawberry Smoothie	Beetroot Hummus served with crudites and Focaccia fingers
Dinnertime Delight	Tomato, spinach and Feta Penne pasta	Jacket Potato with Cheese and Beans	Fish Fingers with New Potatoes and Peas	Squash and Red Pepper Soup with Cheese Sandwich	Homemade Sausage roll served with Bake Vegetable Crisps

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Pick Me Up	Selection of whole fruit	Toasted Raisin and Cinnamon Bagel	Sliced Melon Selection	Toasted English Muffin with Cheese	
Miday Munchies	Sausage Plait Or Winter Vegetable Turnover	3 Cheese Maccaroni Topped with Butternut Squash. Or Wholemeal Penne Napolitana	Tandoori Chicken Wraps with Red Pepper and Minted Yoghurt Or Tandoori Paneer Wrap with Red Pepper and Minted Yoghurt	Pulled Brisket of Beef served with slow cooked onions Or Quorn and Vegetable Pie	International Day
Flavour pairings	Champ Potatoes Peas Gravy	Homemade Focaccia Bread Fine Green Beans	Mixed Vegetable Rice Homemade Onion Bhaji Mango Chutney	Yorkshire Pudding Fondant Potatoes Broccoli Florets Baton Carrots Gravy	
Naturally, Sweetened Desserts	Rice Pudding served with Macerated Strawberries	Cream cheese topped Carrot cake	Citrus layered Yoghurt pots topped with Homemade Granola	Spiced winter fruit cake served with Custard	
Snack o'clock	Sundried Tomato and Basil Hummus served with Olive Focaccia Bites	3 cheese and Paprika Pinwheels	Rice Cakes with a Salmon and Chive Mousse	Mango Smoothie	Watermelon Slices
Dinnertime Delight	Jacket Potato served with Beans and Cheese	Green Vegetable Soup with Homemade Croutons	Homemade Cheese and Potato Pasty served with Baked Vegetable Crisps	Nut Free Pesto and Cherry Tomato Pasta	Fish Fingers with New Potatoes and Peas

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Pick Me Up	Toasted Raisin and Cinnamon Bagel	Over Night Oats	Sliced Melon	Toasted Crumpet	Selection of Whole Fruit
Miday Munchies	Turkey Leek and Ham Pie Or Quorn and Vegetable Pie	Vegan Tofu no nut Satay Or Edamame Bean, Broccoli, Mushrooms Kung Pao	Chicken Fajitas Wraps Or Mixed bean Fajitas Wraps	Low and Slow Cottage Pie with Sweet Potato Topping Or Plant-Powered Pie	Fresh and Smoked Salmon creamy Pasta with Broccoli Or Melanzane Parmigiana
Flavour pairings	Mashed Potatoes Savoy Cabbage Peas	Steamed Rice Wilted Pak Choi and Bean sprouts. Prawn Crackers	Creole Wedges Mexican Street Corn Guacamole Salsa Sauce Soured Cream	Baton Carrots Broccoli Florets Gravy	Homemade Focaccia Bread Fine Green Beans Rocket and Parmesan Salad
Naturally, Sweetened Desserts	Flapjack	Jelly Pot Selection	Gingerbread Tres Leches Cake	Malted Bread and Butter pudding served with Custard	Tiramisu Pots
Snack o'clock	Sliced Fruit Platter	Wholemeal Pitta Fingers with Tzatziki Dip	Rice cakes served with Smoked Mackerel Pate and Crudites	Strawberry and Kiwi Smoothie	Homemade Cheese straw served with a Cream Cheese and Chive Dip
Dinnertime Delight	Fish Fingers with New Potatoes and Peas	Vegetable Pasta Bake	Chinese Chicken stir-fried Rice	Jacket Potato served with Beans and Cheese	Hearty Winter Vegetable Broth served with Whole meal and Rye Bread