

Autumn 2021 Nursery Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	AM Snack: Celery and apple with dips Lunch: Vegetable Pasty Dessert: Natural yogurt with fruit compote. PM Snack: Cracker bread and raisins Tea: Jacket potato with tuna Banana Cake	Cucumber, pepper and carrot sticks Sausage and Vegetable Casserole with Yorkshire pudding Carrot Cake Melon Slices Haloumi and Salad Peaches and Free From Ice Cream	Ham and pineapple chunks Honey glazed Chicken with roasted vegetable couscous and new potatoes. Fruit Jelly Rice Cakes and dried fruit Quorn Sausages, mash and onion gravy Fruit Yogurt	Carrot and Vegetable Sticks Cottage Pie with Chunky Mixed Vegetables Oat and Raisin Cake Scrambled Egg with Beans Apple and raisins	Choice of Smoothies Salmon Fishcakes with Corn on the Cob Coconut milk rice pudding Tortilla Chips and Dips Chicken Pie and Vegetables Chocolate Crispy
Week 2 	Breadstick and Houmous Chilli and Rice Fruit Crumble Toasted Muffin Vegetable Lasagne Natural yogurt with fruit compote.	Fruit and Veg Kabab Cod with Baby Potatoes and Vegetables Fresh Fruit Trifle Crackers and Pate Tomato Soup with cheese sandwiches Choice of fruit	Raw Vegetables Buttered Chicken and Poppadom's Bakewell Tart Banana Muffin Chicken Fajitas Fruit Jelly	Fruit Selection Vegetarian Goulash and Ciabatta Bread Viennese Whirls Strawberries and Grapes Ploughman's Tea Fruit Yogurt	Vegetable Selection Salmon Bake Oat Flapjack Fruit Scones Chicken Goujons, Sweet Potatoes and Broccoli Fruit Strudel and Custard
Week 3 	Breadsticks and Houmous Jacket Potato with Cheese or Baked Beans Fruit Salad Cheese Scone with Cucumber Spanish Chicken with Chorizo Peaches	Fruit and Veg Kabab Tempura Fish Fingers, Chips and Peas Madeira Cake Pineapple Chunks Vegetable soup with garlic bread. Fresh Fruit Trifle	Raw Vegetables Wraps with Tuna or Ham and salad filling Blueberry Muffin. Tortilla Chips Lamb Moussaka with Vegetables Fruit Jelly	Fruit Selection Veggie Burger with Fresh Garden Salad Sticky Toffee Pudding Rice Cakes Tuna Pasta Bake Cheese and Biscuits	Vegetable Selection Margarita Pizza and salad Apple Tarts. Pitta Bread with dips Rice and Bean Burrito . Fruit Yogurts

