

# NURSERYMENU

## WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Organic Whole Milk				
	Toast (Wholemeal), Crumpets, Bagels or English Muffins served with Non-Dairy Spread, Cup of Organic Whole Milk to Drink				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH</b>	Chick Pea and Vegetable Stew and Dumplings	Spaghetti Bolognese served with Carrots	Vegetable Cobbler served with Green Beans	Roast Chicken served with Potatoes and Seasonal Vegetables	Tuna Wholemeal Pasta Bake served with Tomato Salad
<b>LUNCH - VEGETARIAN OPTION</b>		Meatless Mince Spaghetti Bolognese served with Carrots		Roast Quorn Fillet served with Potatoes and Seasonal Vegetables	Vegetable Wholemeal Pasta Bake served with Tomato Salad
<b>DESSERT</b>	Stewed Fruit and Yoghurt	Rice Pudding and Apricots	Apple Crumble and Custard	Oat Cookies	Jelly and Ice Cream
<b>AFTERNOON SNACK</b>	Selection of Rice Cakes, Cumin Straws, Savoury Scones and Homemade Wholemeal Bread served with Homemade Houmous and Homemade Dips				
<b>TEA</b>	Vegetable Frittata served with Baked Beans	Squash and Lentil Soup served with Wholemeal Bread	Mexican Bean and Cheese Wraps served with Vegetable Sticks	Mixed Bean Tagine served with Cous Cous	English Muffin Pizza with Various Toppings
<b>TEA - VEGETARIAN OPTION</b>					
<b>DESSERT</b>	Carrot Cake	Fruit Salad	Frozen Yoghurt	Bread and Butter Pudding and Custard	Poached Pears with Yoghurt