

Spring Menu week 1

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Snack *	Carbohydrate	Breadsticks	Wholemeal Pitta Bread	Crumpets	Toast	Cracker
	Fruit or Vegetable	Pear & Cucumber	Peaches & Carrot Sticks	Melon & Cucumber	Pears & Apples	Grapes & Apricots
	Dairy	Drink of Milk	Drink of Milk	Drink of Milk	Drink of Milk	Drink of Milk
Lunch ()	Lunch	<b>Chicken curry</b>	<b>Potato &amp; Cod Pie</b>	<b>Spaghetti Bolognese</b>	<b>Pork Stew</b>	<b>Lasagne &amp; Mixed Veg</b>
	Carbohydrate	50% Long grain rice & 50% Wholemeal rice & Salad	Sliced Potato in own Skins	50% Wholemeal Pasta & 50% Pasta	50% Long grain rice & 50% Wholemeal rice	Lasagne Verdi (Pasta sheets) Garlic Bread
	Vegetable	Sweetcorn, Onion, Peppers, Celery, Cucumber	Onion, Fresh Carrots & Broccoli	Fresh Peppers, Onion, Chopped Tomato, Broccoli & Cauliflower	Veg Stock, Mixed Herbs, Corn, Peas, Onion, Carrots	Tin Tomatoes, Onion, Garlic
	Protein	Chicken	Cod	Chicken mince	Lean pork Mince	Lean Lamb Mince
	Dairy	Ice Cream	Yoghurt	Milk	Yoghurt	Custard
	Pudding	Ice Cream & Bananas	fruit flavoured Yoghurt	Rice pudding	Peach flavoured Yoghurt	Banana
Tea *	Tea	<b>Beans on toast</b>	<b>Mixed Veg CousCous</b>	<b>Fish fingers and Bread</b>	<b>Cucumber &amp; Cheese Sandwiches</b>	<b>Pasta Veg Bake</b>
	Carbohydrate	50% Wholemeal & 50% White Bread	CousCous	50% white and 50% wholemeal	50% white and 50% wholemeal Bread	50% Wholemeal Pasta & 50% Pasta
	Other	Beans	Mixed Veg, Cinnamon, Coriander, Turmeric, Veg stock	Lettuce & Cucumber & Fresh Tomatoes	Lettuce & Cucumber & Fresh Tomatoes	Mixed Veg, Stock, Mixed Herbs
	Dairy	Cheese, Olive Spread & Drink of Milk	Drink of Milk	Drink of Milk	Cheese, Olive Spread & Drink of Milk	Drink of Milk
Snack	Carbohydrate	Tea biscuit	Cracker bread	Bread sticks	Rice cake	Cracker

( ) If vegetarian option is required the protein content will be substituted with chick pea & beans.  
 \* Milk is offered at snack and Tea time Water is provided all throughout the day  
 Majority of the food is prepared and cooked in the nursery including chicken burgers, fish cakes, soups, lasagne etc.