

LUNCH MENU - WEEK THREE



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery and Reception Snack (10.00am)	A selection of fresh fruits or puree				
Lunch	Winter beef stew mash Traditional tender slow cooked beef, green beans	Beef lasagne Beef, bacon, herbs, tomatoes With corn	Tomato & basil pasta with garlic bread, cauliflower	Roast pork stuffing, skin-on roast potatoes, carrots, gravy	Coconut fish curry, rice with peas
Vegetarian Option	Cheese, chive & potato pie grilled tomato	Vegetable lasagne Layers of ratatouille, with corn	Tomato & basil pasta with garlic bread, cauliflower	Lentil Roast stuffing, skin-on roast potatoes, carrots, gravy	Vegetable pasta Smooth & nutritious with peas
Dairy Free Option	Winter beef stew As above	Lasagne layers, without béchamel	As above	Either of the above	Either of the above
Dessert	Oaty cookie Fresh baked, oaty and sweet!	Fruity jelly	Coconut & raspberry cake Jam topped, moreish	Apple layer cake & custard Sponge and soft apples	Cake of the week!
Salad Bar	A selection of fresh salads and cold proteins, such as a variety of sandwiches. Jacket potatoes are also available				
Pre-Prep Snack (2.30pm)	Our daily special low sugar snacks				
Nursery Snack (3.00pm)	A selection of baked bread & butter, oatmeal muffins, date bars, fruit or cheese and crackers				
Prep Snack (4.10pm)	Chosen on the day by our Chef, with nutrition and quality in mind!				
Nursery Tea (4.30pm)	Cheese and potato pie with beans, fresh fruit	Sausage rolls, salad fresh fruit	Ratatouille, rice Fresh fruits	Jacket potato with beans, fresh fruits	Fish fingers, beans