

LUNCH MENU - WEEK TWO



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery and Reception Snack (10.00am)	A selection of fresh fruits or puree				
Lunch	Carbonara With garlic bread and broccoli	Jerk Chicken Thigh, traditional rice'n'peas With buttered cabbage	Chipolata & Mash onion gravy, carrots	Roast Turkey stuffing, skin on roast potatoes, gravy, green beans	Salmon and Pea Pasta with corn
Vegetarian Option	Tomato & red pepper pasta Garlic bread and broccoli	Roasted Red Pepper and Squash, rice'n'peas With buttered cabbage	Vegetarian Sausage mash, onion gravy, carrots	Lentil Wellington skin-on roast potatoes, gravy, green beans	Vegetable Pasta Smooth & nutritious with corn
Dairy Free Option	Tomato & red pepper pasta With broccoli	Either of the above	Chipolata & Mash onion gravy, carrots	Either of the above	Either of the above
Dessert	Chocolate Crunch School classic!	Pineapple Crisp Chunks of fresh pineapple topped with crispy oats	Cocoa & Date Brownie Chocolatey, high fibre	Pear & Apple crumble with custard Soft fruits, crunchy top	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)	Cauliflower cheese bake fresh fruits	Tomato, red pepper pasta, fresh fruit	Baked potato & beans Fresh fruit	Mexican style bean quesadilla Fresh fruit	Turkey mash, veg, gravy Fresh fruit