

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	Sweet & sour chicken, egg rice, greens	Carbonara, garlic bread, roasted balsamic tomatoes & spinach	Sri Lankan Curried chicken, spiced cabbage, rice	Lamb Kofta, Mejadra, salad, yoghurt dressing	Fish, chips, peas
Vegetarian Option	Sweet & sour vegetables, egg rice, greens	Spaghetti marinara, garlic bread, roasted balsamic tomatoes & spinach	Sri Lankan curried mixed vegetables, spiced cabbage, rice	Chickpea Shawarma, salad, flatbread, yoghurt dressing	Fish, chips, peas
Dairy Free Option	As above	As above	As above	Either of the above, without yoghurt	As above
Dessert	Oaty cookie	Strawberry vanilla roulade	Summer berry crunch	Vanilla pannacotta, pineapple & passionfruit compote	Chocolate marble cake
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)	Dark rye cracker & cheese with apples/ sandwiches				
Nursery Tea (4.30pm)	Jacket potato, tuna & sweetcorn or cheese	Vegetable & tomato pithivier	Fish fingers Mash and peas	Sandwich selection vegetable crudites	Macaroni, in cauliflower cheese sauce