Nursery Menu – September 2021 – July 2022

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| --- | --- | --- | --- | --- | --- |
| Week1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Course | Vegetable Fingers | Roast chicken breast with gravy | Spaghetti Bolognaise | Chefs special curry(chicken) | Breaded fish fingers |
|  |
| Potatoes/Past/Rice | Golden roasted potato cubes | Boiled potatoes | Spaghetti | Sunshine rice | Oven baked wedges |
| Vegetables | Baked beans & peas | Carrots and cabbage | Broccoli and carrots | Sweetcorn and green beans | Spaghetti hoops and sweetcorn |
|  |
| Desserts | Fruit Yogurt | Banana and custard | Homemade biscuit and tinned peaches | Reduced sugar chocolate cake with | Fruity Rice pudding |

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| Week2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Course | Lentil and Vegetable casserole | Meatballs in tomato sauce | Roast chicken with gravy | Minced beef and onion pie | Baked fishcake |
|  |
| Potatoes/Pasta/Rice | New potatoes | Sunshine rice | Roast potatoes | Mashed potato | New potatoes |
| Vegetables | Broccoli and cauliflower florets | Peas and carrots | Mixed Vegetables | Carrot and diced swede | Baked beans and sweetcorn |
|  |
| Desserts | Vanilla cake with custard | Mandarin oranges and ice cream | Semolina and fruit chunks | Fruit yoghurt | Iced toffee yogurt  |

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| --- | --- | --- | --- | --- | --- |
| Week3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Course | Cheese flan with assorted salads | Baked sausage and gravy | Chicken pasta bake | Cottage pie | Fishcake star |
|  |
| Potatoes/Past/Rice | Roast potato  | Mashed potato | Pasta included in dish | Mash included in dish | Potato wedges |
| Vegetables | Spaghetti hoops and sweetcorn | Carrots and green beans | Mixed salad | Peas and sweetcorn | Baked beans and mixed vegetables |
|  |
| Desserts | Fruit yoghurt | Raspberry and lemon  | Tinned pears with ice cream | Banana’s and sweetcorn | Fruity rice pudding |