



Private Children's Nursery

### Spring Menu 2022

#### **Lunch week 1:**

Main: Tuna jacket potatoes with grated cheese and cucumber sticks

    Pudding: Banana and Custard

Main: Macaroni cheese with cherry tomatoes and baby corn, cucumber and crusty bread (V)

    Pudding: Vanilla Yoghurt

Main: Fish cakes with homemade potato wedges with fine beans and broccoli

    Pudding: Peaches and single cream

Main: Chilli con carne, basmati rice topped with sour cream

    Pudding: Greek yoghurt and raspberries

Main: Sausages, roasted new potatoes, Yorkshire puddings, cauliflower cheese with broccoli and carrots

    Pudding: Watermelon Slices

#### **Lunch week 2:**

Main: Jacket potato with Mixed beans with cheese, cucumber and lettuce (V)

    Pudding: Fruit yoghurt

Main: Lamb moussaka with couscous and broccoli

    Pudding: Pears and Custard

Main: Mild chicken and chickpea curry with naan bread

    Pudding: Apple crumble

Main: Vegetable lasagna with garlic bread (V)

    Pudding: Galia Melon smiles

Main: Cheesy potato chorizo mushroom bake with peas and fine beans

    Pudding: Fruit yoghurt

#### **Lunch week 3:**

Main: Creamy salmon pasta with fine beans

    Pudding: Fromage frais

Main: Homemade chicken goujons new potatoes, peas and carrots

    Pudding: Brioche bread and butter pudding with cranberries

Main: Spaghetti Bolognese

    Pudding: Watermelon Slices

Main: Sausage, leek, potato hash with halloumi chunks

    Pudding: Greek yoghurt with Strawberries

Main: Egg & Cress mayonnaise on Jacket potatoes with sweetcorn (V)

    Pudding: Honeydew melon chunks

Served as a 'High Tea' style teatime as a traditional English experience for you little ones

**Tea week 1:**

Monday: Marmite or Cheddar Cheese sandwiches with crumpets

Tuesday: Sausage in a roll or cream cheese rolls with cheese straws

Wednesday: Ham or tuna sandwiches with plain scones

Thursday: Paddington's marmalade sandwiches or turkey rolls with English muffins

Friday: Smoked salmon or Red Leicester cheese finger sandwiches with fruit loaf

**Tea week 2:**

Monday: Honey or ham sandwiches with fruit scones

Tuesday: Soft cheese or marmite sandwiches with crumpets

Wednesday: Cheese or bean wraps with malt loaf

Thursday: Ham or jam sandwiches with cheese straws

Friday: Tuna sweetcorn or Salami sandwiches with English muffins

**Tea week 3:**

Monday: Marmalade or Red Leicester cheese sandwiches with cheese straws

Tuesday: Ham or marmite sandwiches with crumpets

Wednesday: Cheese or chicken pittas with English muffins

Thursday: Soft cheese or honey sandwiches with malt loaf

Friday: Salami or jam sandwiches with plain scones

All teas are served with a second course of fruit or yoghurt

Sides of raisins, apricots, cucumber, olives, tomatoes, peppers, Organix crisps, banana slices, grated carrot, iceberg lettuce, cheese chunks, apple slices, boiled eggs

Breakfast

A selection of low/no sugar cereals, brioche, croissants and fruit bowl available every day

Snacks

Morning- Toast and Selection of fruit

Afternoon- Crackers and vegetable crudités with a dip of houmous or salsa

A 189ml serving of cow's milk is available for every child every day along with tap water accessible to the children throughout the day and offered every snack/mealtime and after activities

Oat milk can be offered as a dairy alternative if requested.