

## ONCE UPON A TIME NURSERY SCHOOL

### MENU – WEEK 1

	Lunch	Tea
<b>Monday</b>	Cauliflower, broccoli and pasta bake ---- Fromage frais	Wholemeal toast with spaghetti hoops ---- Banana and custard
<b>Tuesday</b>	Jacket potatoes with grated cheese, tuna and baked beans ---- Fruit crumble with natural yogurt	Pitta bread with hummus and carrot sticks ---- Fruit whip
<b>Wednesday</b>	Sausage hotpot with mash potatoes and mixed vegetables ---- Lemon iced buns/cake	Cheese scones ---- Cheese and chive dip with cucumber jelly
<b>Thursday</b>	Fish cakes with tomato rice ---- Fromage frais	Toasted crumpets with a choice of butter, marmite, salmon paste or cheese ---- Banana loaf
<b>Friday</b>	Chicken cobbler with peas and carrots ---- Apple tray bake	Wholemeal wraps with grated cheese and pepper sticks ---- Shortbread biscuit

Breakfast is a choice of cereals with milk

Morning and afternoon snacks include a choice of five fresh fruit and/or vegetables with milk or water

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### MENU – WEEK 2

	<b>Lunch</b>	<b>Tea</b>
<b>Monday</b>	Tomato, ham and pea pasta with seasonal vegetables ---- Yogurt crunch crumble	Toasted muffins with butter or salmon spread ---- Fruit whip
<b>Tuesday</b>	Shepherd's pie with green beans ---- Gingerbread biscuit	Cream crackers with butter or marmite ---- Fruit ice cream smoothie
<b>Wednesday</b>	Macaroni cheese with seasonal vegetables ---- Pineapple upside-down cake	Wholemeal sandwiches with a choice of cheese spread, jam, salmon or ham ---- Milk jelly
<b>Thursday</b>	Jacket potatoes with grated cheese, tuna and baked beans ---- Fromage frais	Bagels and grated cheese with carrot and cucumber sticks ---- Banana and custard
<b>Friday</b>	Fish fingers with mash potatoes and baked beans ---- Carrot cake	Toasted crumpets with a choice of butter, marmite, salmon paste or cheese ---- Orange biscuit

Breakfast is a choice of cereals with milk

Morning and afternoon snacks include a choice of five fresh fruit and/or vegetables with milk or water

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### MENU – WEEK 3

	<b>Lunch</b>	<b>Tea</b>
<b>Monday</b>	Quorn mince curry with rice and naan bread ---- Fromage frais	Beans on wholemeal toast ---- Fruit whip
<b>Tuesday</b>	Homemade pizza with pasta salad ---- Yoghurt crunch crumble	Homemade leek and potato soup + roll ---- Banana and raisin flapjack
<b>Wednesday</b>	Sausages with potato/sweet potato wedges and baked beans ---- Jelly and ice cream	Bagels with cheese spread, carrot and cucumber ---- Shortbread biscuit
<b>Thursday</b>	Roast turkey with potatoes and seasonal vegetables ---- Fromage frais	Wholemeal sandwiches with a choice of ham, salmon, cheese spread or jam ---- Banana and custard
<b>Friday</b>	Quorn bolognaise with garlic bread ---- Chocolate beetroot brownie	Cream crackers with butter or cheese spread ---- Milk jelly

Breakfast is a choice of cereals with milk

Morning and afternoon snacks include a choice of five fresh fruit and/or vegetables with milk or water