

## Once upon a time nursery school menu

### Week 1

	Lunch	Tea
Monday	Super green mac and cheese  Fromage frais	Wholemeal sandwiches with a choice of cheese spread, ham or salmon spread  Fruity flapjack
Tuesday	Naan bread with dips  Butternut squash, lentil & sweet potato curry	Pitta breads with homemade houmous & vegetable sticks  Cake of the Day
Wednesday	Chicken & spring vegetable pie  Cocoa crinkle biscuit	Savoury scones & pepper sticks  Banana and custard
Thursday	Bruschetta  Sausage pasta in a rich tomato & herb sauce	Wraps with grated cheese & veg sticks  Low sugar jelly & ice cream
Friday	Jacket potatoes with grated cheese, baked beans, & tuna  Fromage frais	Soup of the day, with a wholemeal roll  Biscuits made by the children

Breakfast is a choice of cereals or toast with milk. Morning and afternoon snack is a choice of five fresh fruits and vegetables with milk or water.

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### Week 2

	Lunch	Tea
Monday	Homemade garlic bread Tuna, pea, courgette, and tomato pasta	Crumpets with butter, marmite, salmon, or cheese spread Yoghurt bark
Tuesday	Jacket potato with homemade beans, and grated cheese Beetroot cake	Tomato pasta salad Fromage frais
Wednesday	Homemade cheese straws Fish, cauliflower, pea & pasta gratin	Baked beans on wholemeal toast Lemon yoghurt cake
Thursday	Beef enchilada pie, with hand cut sweet potato fries Fromage frais	Muffins with marmite, cheese or salmon spread Ice lolly / smoothie
Friday	Fishfingers, hand cut wedges & baked beans Fork biscuit	Wholemeal sandwiches with a choice of ham, cheese or salmon spread Yoghurt, honey & fruit

**Breakfast is a choice of cereals or toast with milk. Morning and afternoon snack is a choice of five fresh fruits and vegetables with milk or water.**

## Once upon a time nursery school menu

### Week 3

	Lunch	Tea
Monday	Jacket potato with beef and vegetable chilli Natural yoghurt banana crunch crumble	Scrambled eggs on wholemeal bread Oat and raisin cookie
Tuesday	Fish and vegetable pie Fromage frais	Savoury scones with pepper sticks Banana loaf
Wednesday	Quorn lasagne with salad Mini shortbread biscuit	Wholemeal sandwiches with a choice of cheese spread, ham, or salmon spread Banana and custard
Thursday	Vegetable rice bake Ginger Cake	Tuna & sweetcorn pasta Fromage frais
Friday	Vegetable sticks, breadsticks, and dips Pasta bake	Bagels with butter, marmite, salmon spread or soft cheese Natural yogurt, fruit & cinnamon

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