

Nursery Lunch Menu

Menu 1:

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal (w,b,m,s)	Cereal (w,b,m,s)	Cereal (w,b,m,s)	Cereal (w,b,m,s)	Cereal (w,b,m,s)
Mid-Morning Snack		Fresh Fruit and Milk (m)	Fresh Fruit and Milk (m)	Fresh Fruit and Milk (m)	Fresh Fruit and Milk (m)	Fresh Fruit and Milk (m)
Lunch	Main Menu	Chicken and Vegetables in a Tomato and Mascarpone Sauce with Boiled Rice and Garden Peas (m)	Minced Steak Bolognese with Pasta (w)	Fish Fingers with New Potatoes, Vegetables and Parsley sauce (w,m)	Sweet and Sour Chicken with Boiled Rice (???)	Jacket Potato with Grated Cheddar Cheese and Beans (m,f)
	Vegetarian Option	Chunky Vegetables in a Tomato and Mascarpone Sauce with Boiled Rice and Garden Peas (m)	Minced Quorn Bolognese with Pasta (w)	Vegetable fingers with New Potatoes, Vegetables and Parsley sauce (m)	Sweet and Sour Quorn with Boiled Rice (w,e)	Jacket Potato with Grated Cheese and Beans (m,f)
	Dessert	Fruit Crumble and Custard (m,w)	Natural Yogurt (m)	Fruit and Fresh Cream (m)	Natural Yogurt (m)	Fresh Fruit
Afternoon Snack	Afternoon Snack	Warm Bagels (w,s)	Cheese Sandwiches with Cucumber Sticks (w,m)	Pitta Bread with Dips and Salad Sticks (w,m,s)	Vegan Pancakes (w)	Tomato and Lentil Soup (c)
	Babies	As Above	As Above	As Above	As Above	As Above

Allergen & Nutritional Information

b = barley, bg = barley gluten, c = celery, e = egg, f = fish, g = gluten, GF = gluten free, LF = lactose free, m = milk, mu = mustard, o = oats, po = palm oil, s = soya, su= sulphites, w = wheat, wf = wheat flour, wg = wheat gluten

Nursery Cook: Michelle Fox

Additional vegetables are added to main courses where possible! ie: Bolognese has mixed peppers and ratatouille. Potatoes May be either Mashed, Steamed, Roasted, Pomme Noisette, Hash Browns, Wedges or Herby Potatoes There may be some changes made throughout the week, but we will always ensure that all dietary requirements are catered for. Please contact me at: michelle.fox@edenhurst.co.uk