



Nursery Lunch Menu

Menu 2:

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal (w,b,m,s) and/or Toast (w,s,g)	Cereal (w,b,m,s) and/or Toast (w,s,g)	Cereal (w,b,m,s) and/or Toast (w,s,g)	Cereal (w,b,m,s) and/or Toast (w,s,g)	Cereal (w,b,m,s) and/or Toast (w,s,g)
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	G/F Pork Meatballs in a Tomato and Basil sauce with Pasta and Garden Peas (w)	Cheese and Tomato Pizza with Herby Potatoes and Sweetcorn (w,m)	Roast Turkey with New Potatoes, Carrots, Sprouts, Yorkshire Pudding, Stuffing and Gravy (w,m,e)	Beef Chilli with Boiled Rice (c)	Fish Fillets with Pomme Noisette and Mushy or Garden Peas (w,f)
	Vegetarian Option	Vegan Meatballs in a Tomato and Basil sauce with Pasta and Garden Peas (w)	Cheese and Tomato Pizza with Herby Potatoes and Sweetcorn (w,m)	Roast Quorn Fillet with New Potatoes, Carrots, Sprouts, Yorkshire Pudding, Stuffing and Gravy (w,m,e)	Vegetable Chilli with Boiled Rice (c)	Vegetable fingers With Pomme Noisette and Mushy or Garden Peas (w)
	Dessert	Natural Yogurt (m)	Fruit and Fresh Cream (m)	Pineapple	Semolina Pudding (w,m)	Natural Yogurt (m)
Afternoon Snack	Afternoon Snack	Cream Cheese with Cucumber and Peppers (w,m)	Buttered Fruit Bread (w)	Crumpets (w,s)	Spaghetti Hoops (w)	Turkey /Cheese Sandwiches with Cucumber (w,s,m)
	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

