

Nursery Lunch Menu

Menu 3:

		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	Chicken Tikka with Boiled Rice and Naan Bread (w)	Minced Steak Casserole with Mashed Potatoes and Vegetables (???)	Pork Sausages with new Potatoes, Carrots and Gravy (w,su)	Barbeque Chicken served with Rice and Peas (c)	Beef Lasagne served With Garlic Bread and Sweetcorn (w)
	Vegetarian Option	Chunky Vegetable Tikka with Boiled Rice and Naan Bread (w)	Minced Quorn Casserole with Mashed Potatoes and Vegetables (w)	Vegan Sausages with New Potatoes, Carrots and Gravy (w)	Barbeque Quorn Fillet with Boiled Rice and Garden Peas (w,e)	Vegetable Pasta Bake with Garlic Bread and Sweetcorn (w)
	Dessert	Fresh Fruit	Natural Yogurt (m)	Rice Pudding (m)	Natural Yogurt (m)	Fresh Fruit
Afternoon Snack	Afternoon Snack	Malt Bread (w,s)	Oatcakes and Cheese (w,m)	Ham Sandwiches with Cucumber (w,s)	Vegetable Soup (c)	Sliced Cheese with Cucumber, Carrot and apple (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