

Lunch Menu - One

	Snack Am	Lunch
Monday	Fruit loaf with butter	Garlic bread Beef chilli con carne Quorn mince Chilli con carne (V)
Tuesday	Weetabix and whole milk	Carrot and cucumber sticks with garlic dip Chicken stir fry Vegetable Stir fry (v)
Wednesday	Toasted wholemeal bread with butter and fruit	Mini sausage Yorkshire puddings Lamb spaghetti Bolognaise Quorn bolognaise (v)
Thursday	Cornflakes and whole milk	Sweet Potato patties Ham and cheese salad with bread and chutney Cheese salad (V)
Friday	Bagel with cream cheese and grapes	Mixed meat platter Tuna and sweet corn pasta Yoghurt with fruit compote
	Milk/ water	Water

Tina prepares all dishes on site and ensures every child's dietary requirements are met, Tina works really hard to ensure the menus are balanced, tasty and nutritious for all the children at the setting. Tina also includes home grown produce from our Nursery garden that the children help grow.

Afternoon Tea - One

	Snack Pm	Tea
Monday	Rice cakes and fruit	Pea and ham soup with soft roll Vegetable soup (v) Healthy banana Split
Tuesday	Fruit bowl	Beans on toast Natural Yogurt with short bread
Wednesday	Cream crackers with cream cheese and apple slice	Cold, ham and sweetcorn pasta Mayonnaise sweetcorn pasta (V) Fresh fruit salad
Thursday	English muffin toasted with marmite	Pulled pork roles with tomato relish Quorn pulled pork (V) Apple cake with Greek yogurt frosting
Friday	Malt loaf with butter	Sticky sausages with potato salad Peaches and yogurt
	Milk/ water	Water

Seasonal Ingredients

- Broccoli
- Carrots
- Chickpeas
- Carrots
- Blueberries
- Courgettes
- Lettuce
- Lamb
- New potatoes
- Spinach
- Spring onions
- Strawberries
- Tomatoes
- Watercress