

## Lunch Menu - Three

	Snack Am	Lunch
Monday	Weetabix and whole milk	Cheese Toasted fingers Vegetable burgers with wedges
Tuesday	Malt loaf with butter	Cheese and grapes Lamb Moussaka with garlic fingers <b>Veg Moussaka with garlic fingers (V)</b>
Wednesday	Bagel with cream cheese and apple	Avocado dips with breadsticks Sausage Casserole <b>Vegetable casserole (V)</b>
Thursday	Toasted fruit loaf with butter	Ham and cheese quesadilla <b>Cheese Quesadilla (V)</b> Roast chicken with new potatoes, vegetables and gravy <b>Quorn chicken with new potatoes, veg and gravy (V)</b>
Friday	Cornflakes and whole milk	Mixed melon platter <b>Egg and potato pie with peas</b>
Milk/ water		Water

## Lunch Menu - Three

	Snack Pm	Tea
Monday	Fruit Bowl	Chicken and salad wraps Cheese and Salad Wraps (V) <b>Mango Yoghurt</b>
Tuesday	Cream crackers with cream cheese and cucumber	Tuna and cheese puff pastry pockets with salad <b>Blueberry buns</b>
Wednesday	Vegetable sticks	Fish fingers with baked beans and bread and butter <b>Fresh fruit salad</b>
Thursday	Crackerbread with butter and pear	Macaroni cheese & garlic bread <b>Fruit and oat cookies</b>
Friday	Rice cakes with fruit	Mixed filling sandwiches <b>Banana's and custard</b>
Milk/ water		Water

## Afternoon Tea - Three

Tina prepares all dishes on site and ensures every child's dietary requirements are met, Tina works 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.

- Asparagus
- Blueberry
- Broccoli
- Carrots
- Courgettes
- Lamb
- Tomatoes
- Lettuce
- New potatoes
- Radish
- Rhubarb
- Runner beans
- Spinach
- Spring onions
- Strawberries