



Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Toasted tea cakes 50p	Blueberry muffins 75p	Danish pastry selection 80p	Sausage bap £1	French toast with cinnamon sugar 40p
Café bar sandwich special	Roasted Mediterranean vegetable baguette with humous £1.40	Pesto chicken with sun dried tomato ciabatta £1.60	Turkey and cranberry bagel £1.50	Triple cheese and spring onion baguette £1.40	Spicy prawn and cucumber ciabatta £1.80
Café bar salad box special	Prawn cocktail salad box £1.80	Lemon chicken with spicy cous cous £1.60	Classic Greek salad £1.40	Chicken Caesar salad £1.60	Crispy bacon, feta and red quinoa £1.60
Sweet treats	A selection of homemade tray bakes and cakes				
Healthy selection	homemade yoghurt pots or fresh seasonal fruit served in peak condition, ripened and ready to eat				



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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Roasted tomato and basil	Tuscan bean	Curried parsnip	Mushroom and tarragon	Celeriac and bacon
Main Meal	Spicy beef fajita with sour cream	Lamb jalfrazi with popadoms and mango chutney	Chicken and mushroom stew	Roast beef with horseradish	Classic fish pie
Vegetarian Meal	Sweet potato, mushroom and spinach risotto	Spicy vegetable fajita with sour cream	Quorn sausages with onion gravy	Vegetable curry with rice and popadoms	Courgette, pepper and basil pasta bake
Vegetables of the day	Garlic bread Sweet corn	Pilau rice Sag aloo	Mashed potato Broccoli	Roast potatoes Sliced carrots	Roasted vegetables Peas
Jacket potato or pasta bar	Jacket Potato with sweet chilli chicken	Pasta spirals with tomato and oregano	Jacket Potato with baked beans and cheese	Penne pasta tossed in basil pesto	Jacket potato Chunky chicken with tomato and pepper
Salads	Selection of freshly prepared salads including mixed leaves, fresh cut cucumber and tomatoes and a protein dish				
Dessert	Peach and pineapple crumble with custard	Chocolate chip sponge with cream	Apple and blackberry pie	Carrot and banana cake	Treacle tart with fresh cream
Fresh Fruit & Yoghurt Pots	A selection of fresh cut fruit, homemade yoghurt pots and cold dessert pots, or fresh seasonal fruit served in peak condition, ripened and ready to eat				

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery breakfast	A selection of cereals, and fruit				
Main Meal	Beef and pepper wraps	Lamb jalfrazi with popadoms and mango chutney	Chicken and mushroom pie	Roast beef with horseradish	Classic fish pie
Vegetarian Meal	Sweet potato, mushroom and spinach risotto	Spicy vegetable fajita with sour cream	Quorn sausages with onion gravy	Vegetable curry with rice and popadoms	Courgette, pepper and basil pasta bake
Vegetables of the day	Garlic bread Sweet corn	Pilau rice Sag aloo	Mashed potato Broccoli	Roast potatoes Sliced carrots	Roasted vegetables Peas
Morning snacks	Fruit pots	Rice cakes	Whole fruit	Tea cakes	Crumpets
Afternoon snacks	Vegetable sticks	Platter of mixed cake and biscuits	Bread sticks	Popcorn	Fruit pots
Tea	Lemon and chicken risotto	Macaroni cheese with bacon	Turkey casserole	Creamy chicken and pasta bake	Beef chilli, rice and nachos