	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
MONDAY **Lunch:** **Tea:**	Spag Bol (Vegetarian Lentil Bolognese) Beans and bread	Bean Goulash with Rice Scrambled Eggs and Toast	Baked Potato & Tuna and/or Cheese Soup & Bread Rolls	Mac and Cheese Sandwiches	Chicken Curry and Rice (Sweet potato, tofu and lentils Cury) Beans and bread	Roast Veg, Potato and Chicken (Vegetarian Quorn Fillets) Scrambled Eggs and Toast	Lentil Pasta Bake with vegetables Soup & Bread Rolls
TUESDAY **Lunch:** **Tea:**	Baked Potato & Tuna and/or Cheese Scrambled Eggs and Toast	Mac and Cheese Soup & Bread Rolls	Chicken Curry and Rice (Sweet potato, tofu and lentil Cury) Sandwiches	Roast Veg, Potato and Chicken (Vegetarian Quorn Fillets) Beans and bread	Lentil Pasta Bake with vegetables Scrambled Eggs and Toast	SFNM with couscous (Vegan Sausages) Soup & Bread Rolls	Cottage Pie (Lentil and vegetable cottage pie) Sandwiches
WEDNESDAY **Lunch:** **Tea:**	Chichen Curry and Rice (Sweet potato, tofu and lentils Cury) Soup & Bread Rolls	Roast Veg, Potato and Chicken (Vegetarian Quorn Fillets) Sandwiches	Lentil Pasta Bake with vegetables Beans and bread	SFNM with couscous (Vegan Sausages) Scrambled Eggs and Toast	Cottage Pie (Lentil and vegetables cottage pie) Soup & Bread Rolls	Spag Bol (Vegetarian Lentil Bolognese) Sandwiches	Bean Goulash with Rice Beans and bread
THURSDAY **Lunch:** **Tea:**	Lentil Pasta Bake with vegetables Sandwiches	SFNM with couscous (Vegan Sausages) Beans and bread	Cottage Pie (Lentil and vegetable cottage pie) Scrambled Eggs and Toast	Spag Bol (Vegetarian Lentil Bolognese) Soup & Bread Rolls	Bean Goulash with Rice Sandwiches	Baked Potato & Tuna and/or Cheese Beans and bread	Mac and Cheese Scrambled Eggs and Toast
FRIDAY **Lunch:** **Tea:**	Cottage Pie (Lentil and vegetable cottage pie) Beans and bread	Spag Bol (Vegetarian Lentil Bolognese) Scrambled Eggs and Toast	Bean Goulash with Rice Soup & Bread Rolls	Baked Potato & Tuna and/or Cheese Sandwiches	Mac and Cheese Beans and bread	Chicken Curry with rice (Sweet potato, tofu and lentil Cury) Scrambled Eggs and Toast	Roast Veg, Potato and Chicken (Vegetarian Quorn Fillets) Soup & Bread Rolls

Key:

SFNM = Sausage / Fish Fingers / Nuggets / Meatballs

Key:

Vegetarian

This is a menu guide and may change due to orders being substituted or staff absences.

Puddings range from: Natural yoghurt with blended fruit, home-made cake, fruit platter and home-made crumble with custard.

muddy boots
DAY NURSERY

muddy boots
DAY NURSERY

1

Breakfast:

Choice of Weetabix and milk (cereal) or toast with butter and/or marmite (wholemeal bread)

Snack:

Cup of whole milk

Selection of cut up fruits & cream cheese on crackers

Lunch:

Spaghetti Bolognese (Vegetarian Lentil Bolognese)

Apple Crumble & Custard

Snack:

Hummus and breadsticks

Tea:

Baked Beans with toast (wholemeal bread)

Selection of fruits

2

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DAY NURSERY

Breakfast:

Choice of Weetabix and milk (cereal) or toast with butter and/or marmite (wholemeal bread)

Snack:

Cup of whole milk

Selection of cut up fruits & hummus on pita bread

Lunch:

Baked Potato & Tuna or/and Cheese with sweetcorn and salad

Whole Greek yoghurt with blended raspberries

Snack:

Cheese sticks and rice cakes

Tea:

Scrambled eggs with toast (wholemeal bread)

Selection of cut up fruits

3

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DAY NURSERY

Breakfast:

Choice of Weetabix and milk (cereal) or toast with butter and/or marmite (wholemeal bread)

Snack:

Cup of whole milk

Selection of fruits & hummus on rice cakes

Lunch:

Chichen Curry with rice (Sweet potato, Tofu and Beans Cury)

Homemade oat flapjacks

Snack:

Breadsticks with cream cheese

Tea:

Home-made vegetable soup with wholemeal bread rolls

Selection of fruits