



# NURSERY LUNCH MENU

September 2020  
to December 2020

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 31 <sup>st</sup> August – 21 <sup>st</sup> September - 12 <sup>th</sup> October 2 <sup>nd</sup> November – 23 <sup>rd</sup> November - 14 <sup>th</sup> December	Main Course	Swedish Meatball Pasta in Herby Tomato Sauce Served with Sweetcorn	Minced Beef & Carrot Cobbler topped with Herby Scone Dumplings Served with Peas & Crusty Bread	Cheesy Courgette, Mushroom & Mixed Pepper Pasta. Served with a Garlic & Parsley Slice	Mild & Creamy Curry with Red Lentil, Cauliflower, Broccoli & Potato Served with Boiled Rice	Steamed Chicken Breast in Gravy. Served with Mashed Potatoes, Carrots & Peas
	Vegetarian	Mushroom & Spinach Pasta in Herby Tomato Sauce Served with Sweetcorn	Red Lentil, Carrot & Mixed Bean Cobbler topped with Herby Scone Dumplings Served with Peas & Crusty Bread	As Above	As Above	Quorn Fillet Pieces in Gravy served with Mashed Potatoes, Carrots & Peas
	Dessert	Stewed Pear with Vanilla Ice Cream	Sliced Orange with Fromage Frais	Chocolate Cake & Custard	Freshly Made Sultana Cookie	Lemon Drizzle Cake
	Weaning 3-9 Months	Pasta, Tomato & Spinach Puree	Carrot, Peas & Red Lentil Puree	Cheesy Courgette & Tomato Puree	Red Lentil, Cauliflower & Broccoli Puree	Potato, Carrot and Pea Puree
WEEK 2 7 <sup>th</sup> September – 28 <sup>th</sup> September - 19 <sup>th</sup> October 9 <sup>th</sup> November - 30 <sup>th</sup> November – 21 <sup>st</sup> Dec	Main Course	Baked Breaded Fishcake Served with New Potatoes & Low Salt Baked Beans	Root Vegetable & Mixed Bean Chilli served with Boiled Rice	Pork Sausages in Gravy served with Mashed Potato, Peas & Cauliflower	Bolognese Pasta (contains Carrots, Peppers, Tomato & Garlic) served with Peas	Chicken, Carrot, Cauliflower & Swede Casserole served with 1/2 Jacket Potato
	Vegetarian	Baked Veg & Bean Cutlet served with New Potatoes & Low Salt Baked Beans	As Above	Vegan Sausage in Gravy served with Mashed Potato, Peas & Cauliflower	Mixed Pepper, Carrot & Lentil Bolognese Pasta served with Peas	White Bean, Carrot, Cauliflower & Swede Casserole served with 1/2 Jacket Potato
	Dessert	Arctic Roll	Apricot Flapjack	Peaches with Natural Yoghurt	St Clements Cake & Custard	Melon Slices with Fromage Frais
	Weaning 3-9 Months	Sweetcorn, Potato & Low Salt Baked Bean Puree	Swede, Carrot and Tomato Puree	Butternut Squash, Mushroom, Potato Puree	Lentil, Cauliflower & Broccoli Puree	Potato, Carrot & Peas
WEEK 3 14 <sup>th</sup> September – 5 <sup>th</sup> October – 26 <sup>th</sup> October 16 <sup>th</sup> November – 7 <sup>th</sup> December -	Main Course	Chickpea, Potato, Cauliflower & Spinach Curry served with Boiled Rice	Sausage, Mixed Bean & Carrot Cassoulet served with Crusty Bread	Beef & Carrot Cottage Pie, with a Sweet Potato Mash Topping. Served with Cabbage & Sweetcorn	1/2 Jacket Potato served with Grated Cheese & Low Salt Baked Beans & Peas	Cheesy Chicken & Mixed Pepper Pasta in Herby Tomato Sauce. Served with Sweetcorn
	Vegetarian	As Above	Mushroom, Mixed Bean & Carrot Cassoulet	Vegetable, Lentil & Carrot Cottage Pie with a Sweet Potato Mash Topping. Served with Cabbage & Sweetcorn	As Above	Mixed Pepper & White Bean Pasta in Herby Tomato Sauce. Served with Sweetcorn
	Dessert	Cooked Apple with Custard	Orange Cake with Ice Cream	Sliced Banana with Fromage Frais	Arctic Roll	Chocolate Brownie
	Weaning 3-9 Months	Potato, Cauliflower & Spinach Puree	Mixed Bean & Carrot Puree	Sweet Potato & Pea Puree	Potato, Low Salt Baked Beans and Sweetcorn Puree	Mixed Pepper, Pasta & Cheese Puree