



New Road Nursery weekly menu

Week beg - 03rd July / 31st July / 28th August

1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Cornbread and Fruit	Milk / Water Breadsticks and Fruit	Milk / Water Sultana Scones and Fruit	Milk / Water Crispbreads and Fruit	Milk / Water Rice Cakes with Butter and Fruit
Main lunchtime meal	Spaghetti Carbonara served with Broccoli Florets	Fish and Summer Vegetable Pie with sweetcorn and carrots	Tomato and Mozzarella Quiche with Roast New Potatoes and Green Beans	Chicken and Red Pepper Stir Fry served with Wholemeal Noodles	Cheesy Beef and Aubergine Bake with Cous Cous and Broccoli
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Spaghetti Carbonara (with Quorn pieces) served with Broccoli Florets	Summer Vegetable Pie with Sweetcorn and Carrots	Tomato and Mozzarella Quiche with Roast New Potatoes and Green Beans	Veggie Chicken and Red Pepper Stir Fry served with Wholemeal Noodles	Quorn Mince and Aubergine Bake with Cous Cous and Broccoli
Pudding	Summer Fruit Smoothies	Oaty Crumble Topped Mango Tarts	Pears and Vanilla Yogurt	Homemade Lemon and Poppy Seed Muffins	Fruit Salad and Greek Yogurt
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Chicken and Vegetable Fajitas	French Stick Ham or Cheese and Tomato Pizza with Salad Sticks	Wholemeal Pasta with homemade Pesto, Cherry Toms, and Peas	Jacket Potatoes with Cheese and Homemade Coleslaw	Turkey and Tomato Rolls with Cucumber Sticks
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				


New Road Nursery Weekly Menu

Week beg - 10th July / 07th Aug / 04th Sept

2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Breakfast at home			
Morning snack 	Milk / Water Bread Sticks and Fruit	Milk / Water Sultana Scones	Milk / Water Crispbreads and Fruit	Milk / Water Cheese Cubes and Fruit	Milk / Water Cornbread and Fruit
Main lunchtime meal	Teriyaki Salmon Fillets with Brown Rice and Broccoli	Chicken and Roasted Mediterranean Veg with Cous Cous	Macaroni Cheese with Hidden Veg, Butterbeans and French Stick	Moroccan Lamb Stew with Rice and Veg	Pesto Chicken with New Potatoes, Peas and Carrots
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Teriyaki Quorn Fillets with Brown Rice and Broccoli	Veggie Chicken and Roasted Mediterranean Veg with Cous Cous	Macaroni Cheese with Hidden Veg, Butterbeans and French Stick	Moroccan Lentil Stew with Rice and Veg	Pesto Veggie Chicken with New Potatoes, Peas and Carrots
Pudding	Bananas and Custard	Mini Apple Pies with Cinnamon Cream	Tropical Fruit and Oat Topped Crumble	Homemade Sultana Scones	Rice Pudding and Strawberry Puree
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Tomato and Mixed Bean Pasta with Grated Cheese	Tuna Mayo and Sweetcorn Baguettes with Salad. (Cheese will be provided as a Veggie Option)	Roast New Potato Wedges with Baked Beans and Veg Sticks	Wholemeal Tortilla Wraps with Chicken Goujons and Salad	Summer Vegetable and Bean Pasta Salad
Supper		We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients			


New Road Nursery weekly menu

Week beg - 17 July / 14th Aug / 11 Sept

3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Sultana Scones with Fruit	Milk / Water Crisp Breads with Fruit	Milk / Water Rice Cakes with Butter and Fruit	Milk / Water Cornbread's and Fruit	Milk / Crackers Bread Sticks and Fruits
Main lunchtime meal	Meat Free Sausages with Sweet Potato Mash and Broccoli	Ginger Stir Fry Pork with Mange Tout and Wholemeal Noodles	Chicken Tikka with White Rice and Green Beans	Vegetable and Lentil Lasagne with French Stick and Peas	Crispy Coated Fish Fillets with Carrots and Potato Wedges
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	As Above	Ginger Stir Fry Quorn Pieces with Mange Tout and Wholemeal Noodles	Veggie Chicken Tikka with White Rice and Green Beans	As Above	Crispy Coated Fish Fillets with Carrots and Potato Wedges
Pudding	Summer Fruit Smoothies	Crumble Topped Peach Tarts	Cinnamon Spiced Apple with Greek Yogurt	Zesty Orange and Carrot Cupcakes	Fruit Salad with Vanilla Yogurt
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Chicken and Veg Fajitas (Cheese available for Veggie)	Pasta with Homemade Pesto, Cherry Toms and cucumber	Jacket potato with Tuna, Cheese and Sweetcorn	Wholemeal rolls with Ham and Salad	Wholemeal French Stick Pizza with Salad
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				

New Road Nursery weekly menu

Week beg - 24th July / 21st Aug / 18th Sept

4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Crisp Breads with Butter and Fresh Fruit	Milk / Water Rice Cakes with Butter and Fresh Fruit	Milk / Water Corn Breads and Fresh Fruit	Milk / Water Breadsticks with Fresh Fruit	Milk / Water Sultana Scones
Main lunchtime meal	Crunchy Topped Tuna Pasta Bake with Summer Salad	Three Bean Chilli with Wholemeal Tortilla Chips, Guacamole and Peppers	Wholemeal Spaghetti and Meatballs in Tomato and Spinach Sauce	Chicken and Broccoli Pie with New Potatoes and Carrots	Lamb and Butterbean topped Pie with Cauliflower
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Cheesy Pasta Bake	Three Bean Chilli with Wholemeal Tortilla Chips, Guacamole and Peppers	Wholemeal Spaghetti and Veggie Meatballs in Tom and Spinach Sauce	Chicken and Broccoli Pie with New Potatoes and Carrots	Mixed Bean topped Pie with Cauliflower
Pudding	Pears in Cocoa Custard	Mini Apple Pies with Cinnamon Cream	Tropical Fruit Oat Topped Crumble	Homemade Apricot Scones	Rice Pudding with Blueberry and Strawberry Puree
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Roast New Potato's with Bean and Carrot Sticks	Tuna and Sweetcorn Baguettes with Salad	Chicken Goujons with Lettice and Potato Salad	Tomato and Mixed Bean Pasta, Grated Cheese Cucumber Sticks	Summer Vegetable Wholemeal Pasta Salad
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				