



New Road Nursery weekly menu

Week beg - 13th March / 10th April / 8th May / 5th June

1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Crumpets with butter and Fresh Fruit	Milk / Water Crackers with Cheese and Fresh Fruit	Milk / Water Rice Cakes and Fresh Fruit	Milk / Water Wholemeal Pitta Bread with Cream Cheese and Fresh Fruit	Milk / Water Bread sticks and Fresh Fruit
Main lunchtime meal	Baked Chicken with Tomato and Olive Sauce, served with cous cous and Broccoli	Beef and Vegetable Stir Fry in Black Bean Sauce with Egg Noodles	Cheese and Broccoli Mini Quiches with New Potatoes and Corn on the Cob	Pork Mince Burgers with Vegetable Rice, and Green Beans	Puff Pastry Topped Fish Pie with Roast New Potatoes and Peas
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Baked Quorn with Tomato and Olive Sause, served with cous cous and Broccoli	Bean and Vegetable Stir Fry in Black Bean Sauce with Egg Noodles	Cheese and Broccoli Mini Quiches with New Potatoes and Corn on the Cob	Soya Veggie Burger with Vegetable Rice, Salad and Green Beans	Puff Pastry Topped Quorn Pie with Roast New Potatoes and Peas
Pudding	Homemade Coconut Flapjack	Greek Yogurt with Homemade Fruit Coulis	Homemade Pineapple Sponge Cake	Homemade Orange and Oat Cookies	Homemade Banana Muffins
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Jacket Potatoes with Cheese, Beans and Salad	Butternut Squash and Red Onion Soup with Wholemeal Roll	Tortilla Wraps with Ham and Salad	Potato Wedges with Crudités and Homemade Hummus	Whole-wheat Pasta Salad with Chicken Breast and Hidden Veg
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 - 20th March / 17th April / 15th May / 12th June

2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Breakfast at home			
Morning snack 	Milk / Water Crackers with Cheese and Fresh Fruit	Milk / Water Rice Cakes and Fresh Fruit	Milk / Water Wholemeal Pitta Bread with Cream Cheese and Fresh Fruit	Milk / Water Breadsticks and Fresh Fruit	Milk / Water Crumpets with Butter and Fresh Fruit
Main lunchtime meal	Spaghetti Bolognaise with Fusilli Pasta and Sweetcorn	Sweet and Sour Chicken with Vegetables and White Rice	Lentil, Tomatoes and Bean Pasta Bake with Broccoli	Lamb and Chickpea Curry with Brown Rice and Carrots	Salmon in Bread Crumbs with Sweet Potato Mash and Green Beans
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Soya Mince Spaghetti Bolognaise with Fusilli Pasta and Sweetcorn	Sweet and Sour Mixed Beans with Veg and Rice	Lentil, Tomatoes and Bean Pasta Bake with Broccoli	Chickpea Curry with Brown Rice and Carrots	Quorn in Bread Crumbs with Sweet Potato Mash and Green Beans
Pudding	Pears with Greek Yogurt	Homemade Carrot and Raisin Cup Cakes	Homemade Ginger Biscuits	Homemade Peach and Custard Tarts	Homemade Apple Sultana and Cinnamon Crumble
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Wholemeal Sandwiches with a choice of fillings and Salad	Homemade Pizza with Salad	Homemade Sweet Potato Fish Cakes with Baked Beans	Cheese, Tomato and Veg Pasta Bake	Pitta Breads with Cream Cheese, Cucumber and Pepper 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 - 27th March / 24th March / 22nd May / 19th June

3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Rice Cakes and Fresh Fruit	Milk / Water Wholemeal Pitta Bread and Cream Cheese	Milk / Water Breadsticks and Fresh Fruit	Milk / Water Crumpets with Butter and Fresh Fruit	Milk / Crackers Crackers with Cheese and Fruit
Main lunchtime meal	Chicken Parmesan with New Potatoes, Broccoli and Broad Beans	Sicilian Lamb Meat Balls with Spaghetti and Peas	Chicken Pasta with Homemade Pesto served with Carrots and Spring Greens	Tuna Lasagne with Garlic Bread and Sweetcorn	Cheesy Lentil and Potato Bake with Green Beans and Carrots
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Quorn Parmesan with New Potatoes, Broccoli and Broad Beans	Sicilian Lentil Non-Meat Balls with Spaghetti and Peas	Quorn Pasta with Homemade Pesto served with Carrots and Spring Greens	Veggie and Butter Bean Lasagne with Garlic Bread and Sweetcorn	Cheesy Lentil and Potato Bake with Green Beans and Carrots
Pudding	Homemade Raisin Flapjack	Homemade berry Tarts with Custard	Homemade Apple Sponge Cake	Homemade Apricot and Oat Cookies	Homemade Blueberry Muffins
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Tortilla Wraps with Ham, Cheese and Salad	Sweet Potato and Lentil Soup with Wholemeal Bread	Jacket Potatoes with Tuna Sweetcorn and Salad	Potato Wedges with Crudités and Baked Beans	French Stick with Homemade Humus and Veg 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 - 03rd April / 01st May / 29th May / 26th June

4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Wholemeal Pitta Bread with Cream Cheese and Fresh Fruit	Milk / Water Bread Sticks and Fresh Fruit	Milk / Water Crumpets with Butter and Fresh Fruit	Milk / Water Crackers with Cheese and Fresh Fruit	Milk / Water Rice Cakes and Fresh Fruit
Main lunchtime meal	Creamy Ham Mushroom and Soya Bean Tagliatelle	Roast Chicken with Roasted Baby New Potatoes and Veg	Fish Baked in Tomato Sauce with Herby Cous Cous and Broccoli	Feta, Potato and Spinach Pie with Cauliflower and Carrots	Chilli and Rice with Green Beans and Slices Peppers
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Soya Bean Tagliatelle	Roast Quorn with Roasted Baby New Potatoes and Veg	Quorn Baked in Tomato Sauce with Herby Cous Cous and Broccoli	Feta, Potato and Spinach Pie with Cauliflower and Carrots	Lentil Chilli and Rice with Green Beans and Slices Peppers
Pudding	Peaches and Greek Style Yogurt	Homemade Carrot and Raisin Cupcakes	Homemade Cranberry Biscuits	Homemade Pineapple and Custard Tarts	Homemade Pear, Sultana and Cinnamon Crumble
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Homemade Pizza with Salad	Wholemeal Sandwiches with a choice of fillings and Salad	Cheese, Tomato and Veg Pasta Bake	Pitta Breads with Cream Cheese, Cucumber and Pepper Sticks	Homemade Sweet Potato Fish Cakes with Baked Beans
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				