



New Road Nursery weekly menu

Week beg - 19th Feb 19th March, 16th April, 14th May 2018

1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Oat Cakes and butter Selection of fresh fruit	Milk / Water Crackers and cheese Selection of fresh fruit	Milk / Water Breakfast muffins Selection of fresh fruit	Milk / Water Bread Sticks Selection of fresh fruit	Milk / Water Rice cakes Selection of fresh fruit
Main lunchtime meal	Bacon and Mushroom carbonara with broccoli	Beef stew and dumplings with green beans and carrots	Chicken breast with herby cous cous, sweetcorn and peas	Spicy baked fish with potato wedges and greens	Roast turkey with new potatoes, carrots, cauliflower and gravy
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Mushroom and veggie sausage pasta bake with broccoli	Bean and veg stew with dumplings and green beans	Quorn fillet with herby cous cous, sweetcorn and peas	Spicy baked tofu with potato wedges greens	Homemade lentil and mushroom rissole with new potatoes, carrots, cauliflower and gravy
Pudding	Bananas and custard	Apple tarts with crème fraiche	Cinnamon biscuits	Rice pudding and fruit compote	Peach cobbler
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 chicken breast and salad	Leek, potato and butterbean soup with wholemeal roll	Meat free hot dogs with salad	Homemade cheese scones with ham and salad	Tuna and sweetcorn baguettes
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 - 26th Feb, 26th March, 23rd April, 21st May

2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Breakfast at home			
Morning snack 	Milk / Water Rice cakes Selection of fresh fruit	Milk / Water Breadsticks Selection of fresh fruit	Milk / Water Crackers and cheese Selection of fresh fruit	Milk / Water Breakfast muffins Selection of fresh fruit	Milk / Water Oat Cakes with butter Selection of fresh fruit
Main lunchtime meal	Fish in creamy parsley sauce with new potatoes and peas	Cheesy beef enchiladas with corn on the cob and carrots	Hommy pie with broccoli and cauliflower	Chicken tikka masala with brown rice	Bacon and cauliflower cheese with green beans, carrots and crusty bread
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Quorn in creamy parsley sauce with new potatoes and peas	Cheesy bean enchiladas with corn on the cob	Hommy pie with broccoli and cauliflower	Quorn tikka masala with brown rice	Cauliflower cheese with green beans and crusty bread
Pudding	Greek yogurt and blueberries	Homemade fruity shortbread	Homemade cranberry flapjacks	Red berry tarts and cream	Tropical fruit 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	Egg Mayo baguettes with salad	Pitta bread with sliced turkey, cream cheese and salad	Spaghetti in a mixed bean and tomato sauce bread	Ham and cheese wholemeal rolls with salad	Baked potato with homemade chilli and grated cheese
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 - 05th March, 30th April, 28th May, 25th June,

3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Breakfast muffins Selection of fresh fruit	Milk / Water Oat cakes and butter Selection of fresh fruit	Milk / Water Breadsticks Selection of fresh fruit	Milk / Water Rice cakes Selection of fresh fruit	Milk / Crackers Crackers and cheese Selection of fresh fruit
Main lunchtime meal	Sausage, bean and lentil casserole with broccoli	Roast turkey with roast parsnips, new potatoes and carrots	Roasted chicken with coconut rice, kidney beans and peas	Beef and onion puff pastry pie with cauliflower and carrots	Terriychi salmon fillets with broccoli and wholemeal noodles
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Homemade Veggie Sausage, bean and lentil casserole with broccoli	Roast Quorn with roast parsnips, new potatoes and carrots	Quorn Chicken breast with coconut rice, kidney beans and peas	Cheesy vegetable and puff pastry pie with cauliflower and carrots	Terriychi tofu fillets with broccoli and egg noodles
Pudding	Bananas and custard	Apple tarts with crème fraiche	Sultana biscuits	Rice pudding with fruit compote	Peach cobbler
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 and salad	Cream of tomato and lentil soup with wholemeal roll	Meat free hot dogs with salad	Tuna and sweetcorn baguettes	Homemade cheese scones with sliced chicken and 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 - 12th March, 09th April, 07th May, 04th June, 02nd July 2018

4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Rice cakes Selection of fresh fruit	Milk / Water Breadsticks Selection of fresh fruit	Milk / Water Crackers with cheese Selection of fresh fruit	Milk / Water Breakfast muffins Selection of fresh fruit	Milk / Water Oat cakes Selection of fresh fruit
Main lunchtime meal	Tuna and broccoli pasta bake with green beans	Lamb and vegetable curry with brown rice and a cucumber and mint raita	Pesto chicken with peas and wholemeal pasta and mange tout	Spinach and ricotta lasagne with garlic bread and carrots	Mexican spiced chicken with rice and mixed peppers, peas and sweetcorn
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Cheesy broccoli and pasta bake with green beans	Vegetable and lentil curry with brown rice and a cucumber and mint raita	Pesto Quorn fillet with peas and wholemeal pasta	Spinach and ricotta lasagne with garlic bread and sweetcorn	Mexican spiced tofu with rice and mixed peppers
Pudding	Greek yogurt with mango chunks	Homemade fruity shortbread	Homemade cranberry flapjack	Red berry tarts with cream	Tropical fruit 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	Baked potato with homemade chilli and grated cheese	Pitta bread with sliced turkey, cream cheese and salad	Spaghetti in mixed bean tomato sauce	Ham and cheese wholemeal rolls with salad	Egg mayo baguettes with salad
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				

