


New Road Nursery Weekly Menu

Week beg - 30th Oct, 27th Nov, 25th Dec (closed) 29th Jan 2018

1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit crackers and clover spread	Milk / Water Selection of fresh fruit pitta bread fingers and cream cheese	Milk / Water Selection of fresh fruit with toasted crumpets and clover spread	Milk / Water Selection of fresh fruit and breadsticks with cream cheese	Milk / Water Selection of fresh fruit with breakfast muffins and clover spread
Main lunchtime meal	Caroline's jerk chicken with vegetable rice	Homemade cottage pie with hidden veg, served with carrot and peas	Piri piri baked fish, served with fresh new potatoes, broccoli and carrots	Black bean and sweetcorn enchiladas served with a 'mexicorn' salad	Creamy mushroom and bacon wholemeal pasta bake, served with green beans
reDrinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Caroline's jerk Quorn fillet served with vegetable rice.	Mixed bean and vegetable cottage pie served with carrots and peas	Piri piri tofu served with fresh new potatoes, broccoli and carrots	Black bean and sweetcorn enchiladas served with a 'mexicorn' salad	Creamy mushroom wholemeal pasta bake, served with green beans
Pudding	Homemade spiced apples and pears served with Greek yogurt	Homemade mango frozen yogurt	Homemade fruit and oat cookies	Bananas with cinnamon and honey yogurt	Caroline's cocoa and courgette cupcakes
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Potatoes wedges with peppers and hummus dip	Homemade cheese scones with sliced turkey and grapes	Baked potatoes with three bean chilli and grated cheese	Cheese and tomato wholemeal pasta bake served with cucumber sticks	Wholemeal ham rolls with homemade coleslaw and carrot 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 - 20th Nov, 18th Dec, 15th Jan, 12th Feb 2018

2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit and breadsticks with cream cheese	Milk / Water Selection of fresh fruit with breakfast muffins and clover spread	Milk / Water Selection of fresh fruit crackers and clover spread	Milk / Water Selection of fresh fruit pitta bread fingers and cream cheese	Milk / Water Selection of fresh fruit with toasted crumpets and clover spread
Main lunchtime meal	Spinach, lentil and lamb Bolognese with wholewheat spaghetti	Fish pie topped with swede and sweet potato mash	Roast turkey with roast vegetables and mashed potatoes	Beef, black bean and mixed pepper stir fry with noodles	Thai chicken curry with rice and green beans
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Spinach and lentil Bolognese with wholewheat spaghetti	Cheesy vegetable pie topped with swede and sweet potato mash	Roast quorn fillet with roast vegetables and mashed potatoes	Tofu, black bean and mixed pepper stir fry with noodles	Thai Quorn curry with rice and green beans
Pudding	Lemon and vanilla rice pudding	Peaches and custard	Mini strawberry cheesecakes	Apple crumble and custard	Lemon and ginger biscuits
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Tuna and broccoli pasta bake	Homemade tomato and lentil soup with grated cheese and a wholemeal roll	Ham and sweetcorn muffin pizzas	Roast chicken and salad baguettes	Wraps with homemade hummus, grated carrot and 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 - 13th Nov, 11th Dec, 8th Jan, 5th Feb 2018

3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit with toasted crumpets and clover spread	Milk / Water Selection of fresh fruit and breadsticks with cream cheese	Milk / Water Selection of fresh fruit with breakfast muffins and clover spread	Milk / Water Selection of fresh fruit crackers and clover spread	Milk / Crackers Selection of fresh fruit pitta bread fingers and cream cheese
Main lunchtime meal	Smokey sweet potato and bean casserole served with steamed broccoli	Roast chicken served with mashed potatoes, green beans and gravy	Beef and pumpkin curry served with brown rice	Ginger baked salmon served with noodles and peas	Mushroom and vegetable risotto, served with veg sticks
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Smokey sweet potato and bean casserole served with steamed broccoli	Roast Quorn fillet served with mashed potatoes, green beans and gravy	Lentil and pumpkin curry served with brown rice	Ginger baked Quorn fillet served with noodles and peas	Mushroom and vegetable risotto, served with veg sticks
Pudding	Bananas with cinnamon and honey yogurt	Homemade fruit and oat cookies	Caroline's cocoa and courgette cupcakes	Homemade mango frozen yogurt	Homemade spiced apples and pears served with 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	Homemade cheese scones with sliced turkey and grapes	Baked potatoes with three bean chilli and grated cheese	Homemade cheese scones with sliced turkey and grapes	Cheese and tomato pasta bake with cucumber	Wholemeal rolls with homemade coleslaw and carrot 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 - 06th Nov, 4th Dec, 1st Jan, 29th Jan 2018

4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit pitta bread fingers and cream cheese	Milk / Water Selection of fresh fruit with toasted crumpets and clover spread	Milk / Water Selection of fresh fruit and breadsticks with cream cheese	Milk / Water Selection of fresh fruit with breakfast muffins and clover spread	Milk / Water Selection of fresh fruit crackers and clover spread
Main lunchtime meal	Lamb moussaka with cous cous, peas and cauliflower	Homemade chicken, bacon and leek pie with sweetcorn and carrots	Autumn lentil and butternut squash chilli with brown rice	Mediterranean vegetable fish stew with garlic toasts	Roast turkey with new potatoes broccoli, carrot and gravy
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Lentil moussaka with cous cous, peas and cauliflower	Homemade Quorn and leek pie with sweetcorn and carrots	Autumn lentil and butternut squash chilli with brown rice	Mediterranean vegetable and butterbean stew with garlic toasts	Roast Quorn fillet with new potatoes broccoli, carrot and gravy
Pudding	Lemon and ginger biscuits	Mini strawberry cheesecakes	Apple crumble and custard	Peaches and custard	Lemon and vanilla rice pudding
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 tomato and lentil soup with grated cheese and a wholemeal roll	Roast chicken and salad baguettes	Tuna and broccoli pasta bake	Wraps with homemade hummus, grated carrot and cheese	Ham and sweetcorn muffin pizzas
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				