



New Road Nursery Weekly Menu

Week beg - 12th Nov, 10th Dec 2018, 7th Jan, 4th Feb 2019

1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit crackers	Milk / Water Selection of fresh fruit pitta bread fingers	Milk / Water Selection of fresh fruit with toasted crumpets	Milk / Water Selection of fresh fruit and breadsticks	Milk / Water Selection of fresh fruit and corn bread
Main lunchtime meal	Chicken in a creamy mushroom sauce with rice and peas	Homemade cottage pie with hidden veg, served with carrot and sweetcorn	Lemon baked fish, served with broccoli and cous cous	Mixed bean enchiladas served with a 'mexicorn' salad	Bacon and mushroom pasta bake, served with green beans
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Quorn Fillet in a creamy mushroom sauce with rice and peas	Mixed bean and vegetable cottage pie served with Carrots and sweetcorn	Lemon tofu served with broccoli and cous cous	Mixed bean enchiladas served with a 'mexicorn' salad	Mushroom pasta bake, served with green beans
Pudding	Homemade spiced apples and pears served with Greek yogurt	Ginger bread biscuits	Homemade fruit and oat cookies	Bananas with cinnamon and honey yogurt	Apricot Scones
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 baked beans and grated cheese	Homemade winter vegetable and lentil soup with bread triangles	Wholemeal ham rolls with carrot sticks and cherry tomatoes
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 - 19th Nov, 17th Dec 2018, 14th Jan, 11th Feb 2019

2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Breakfast at home			
Morning snack 	Milk / Water Selection of fresh fruit and breadsticks	Milk / Water Selection of fresh fruit with corn bread	Milk / Water Selection of fresh fruit crackers	Milk / Water Selection of fresh fruit and pitta bread fingers	Milk / Water Selection of fresh fruit with toasted crumpets
Main lunchtime meal	lamb Bolognese with whole-wheat spaghetti and hidden veg	Fish pie topped with swede and sweet potato mash	Roast turkey with roast vegetables and roast potatoes	Beef and veg 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 whole-wheat spaghetti	Cheesy vegetable pie topped with swede and sweet potato mash	Roast Quorn fillet with roast vegetables and roast potatoes	Tofu and veg 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 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 - 26th Nov, 24th Dec 2018, 21st Jan, 18th Feb 2019

3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit with toasted crumpets	Milk / Water Selection of fresh fruit and breadsticks	Milk / Water Selection of fresh fruit with cornbread	Milk / Water Selection of fresh fruit crackers	Milk / Crackers Selection of fresh fruit and pitta bread fingers
Main lunchtime meal	Pork, parsnip and apple cobbler with broccoli	Roast chicken served with roast potatoes, green beans and gravy and carrots	Beef and pumpkin curry served with brown rice	Baked salmon served with noodles and peas and mange tout	Mushroom and vegetable risotto, served with veg sticks
Drinks	Water	Water	Water	Water	Water
Vegetarian or special diet	Lentil, parsnip and apple cobbler with broccoli	Roast Quorn fillet served with roast potatoes, green beans and gravy and carrots	Quorn and pumpkin curry served with brown rice	Baked Quorn fillet served with noodles and peas and mange tout	Mushroom and vegetable risotto, served with veg sticks
Pudding	Bananas with custard	Homemade fruit and oat cookies	Caroline's apple crumble	Homemade Apricot cupcakes	Homemade blueberry tarts with crème fresh
Afternoon snack	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit	Selection of fresh fruit
High tea	Pesto Pasta with cherry toms and grated cheese	Baked potatoes with tune and grated cheese	Homemade cheese scones with sliced turkey and grapes	Cheese and tomato and bacon pasta bake with cucumber sticks	Wholemeal ham rolls with carrot sticks and cherry toms
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 Dec, 28th Jan 2018, 25th Feb 2019

4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning snack 	Milk / Water Selection of fresh fruit pitta bread fingers	Milk / Water Selection of fresh fruit with toasted crumpets	Milk / Water Selection of fresh fruit and breadsticks	Milk / Water Selection of fresh fruit with cornbread	Milk / Water Selection of fresh fruit crackers
Main lunchtime meal	Lamb, veg and chickpea curry with brown rice	Homemade chicken, bacon and leek pie with sweetcorn and carrots	Autumn vegetable and lentil lasagne with garlic bread and broccoli	Fish cakes with seasonal veg	Roast turkey with new potatoes cauliflower, carrots 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	Roast chicken and salad baguettes	Homemade tomato and lentil soup with grated cheese and a wholemeal roll	Tuna and broccoli pasta bake	Wraps with homemade hummus, grated carrot and cheese	Ham and sweetcorn pizzas
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				