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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| Whole Milk / soya milk  Selection of Cereal  Fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Fruit  Yogurt pot  Toast |
| **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| **Hot Main**  Quorn & vegetable hoi sin noodles  Plain wholemeal pasta  Tomato sauce  Roasted vegetables  ½ Garlic slice  **Dessert**  Fruity yoghurt pot  Fruit | **Hot Main**  Spanish chicken thigh topped with roasted peppers, onions & chopped olives  **Hot Vegetarian**  Sweet potato, pumpkin & baby spinach lasagne  **Vegetables & Sides**  Herb potatoes, Baked cauliflower, green beans  **Dessert**  Fruity jelly  Fruit | **Hot Main**  Roast pork shoulder  **Hot Vegetarian**  Vegetarian mince & vegetable with mixed bean – (tortilla crisps served separately)  **Vegetables & Sides**  Roast potatoes, Steamed broccoli & carrots  **Dessert**  Fruity yoghurt pot  Fruit | **Hot Main**  Mild Mexican braised beef  **Hot Vegetarian**  Feta, spinach, leek & pepper tart  **Vegetables & Sides**  Rice, sweetcorn & green beans  **Dessert**  Fruity Jelly  Fruit | **Hot Main**  Tuna lasagne  **Hot Vegetarian**  Butternut squash, sweetcorn & courgette coconut milk gratin  **Vegetables & Sides**  Crushed sweet potato, Garden Peas,  **Dessert**  Fresh sliced Cut Fruit  Fruity yoghurt pot |
| Tea 4.00 | Tea 4.00 | Tea 4.00 | Tea 4.00 | Tea 4.00 |
| Selection of crudites  Cool spring vegetable broth with crusty baguette | Baked squash with baked beans | Wholemeal tomato, spinach & pea pasta salad topped with roasted chicken | Jacket potato & Spaghetti hoops | Carrot, mixed bean & spinach broth with wholemeal bread |

**Rocking Horse Nursery Week One**