|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| Whole Milk / soya milkSelection of CerealWhole fruitYogurt potToast | Whole Milk / soya milkSelection of CerealWhole fruitYogurt potToast | Whole Milk / soya milkSelection of CerealWhole fruitYogurt potToast | Whole Milk / soya milkSelection of CerealWhole fruitYogurt potToast | Whole Milk / soya milkSelection of CerealWhole fruitYogurt potToast |
| **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| **Hot Main**Plain wholemeal pastaTomato & fresh basilorMushroom & oregano cream sauce½ Garlic sliceRoasted vegetables **Dessert**Fruity yoghurt potWhole fruit | **Hot Main**Pulled mild turkey fajita with coriander & sauté vegetables**Hot Vegetarian**Vegan meatless meat balls in tomato sauce**Vegetables & Sides**Braised rice, green beans, sweetcorn **Dessert**Fruity jellyWhole fruit | **Hot Main**Roast gammon & gravy**Hot Vegetarian**Vegetable sausage & gravy**Vegetables & Sides**Roast potatoes, broccoli, carrots**Dessert**Fruity yoghurt potWhole fruit | **Hot Main**BBQ & maple chicken topped with roasted peppers **Hot Vegetarian**Tofu, mixed bean & sweet potato casserole **Vegetables & Sides**New potatoes with parsley butter, sweetcorn, roasted cauliflower**Dessert**Fruity JellyWhole fruit | **Hot Main**Homemade fish cake**Hot Vegetarian**Broccoli, butternut & spinach loaf with tomato salsa **Vegetables & Sides**Chive Potato salad, sweetcorn, Peas**Dessert**Fresh sliced Cut Fruit Fruity yoghurt pot |
| Tea 4.00 | Tea 4.00 | Tea 4.00 | Tea 4.00 | Tea 4.00 |
| Jacket potato with baked beans | Chunky mediterranean vegetable broth with crusty bread | Fish cake with new potato, pea & herb salad | Baked vegetarian fingers with cucumber & beetroot salad | Filled sweet potato half with sweetcorn, carrot, roasted pepper & vegan cheese |

**Rocking Horse Nursery Week Three**