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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| Whole Milk / soya milk  Selection of Cereal  Whole fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Whole fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Whole fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Whole fruit  Yogurt pot  Toast | Whole Milk / soya milk  Selection of Cereal  Whole fruit  Yogurt pot  Toast |
| **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| **Hot Main**  Plain wholemeal pasta  Tomato & fresh basil  or  Mushroom & oregano cream sauce  ½ Garlic slice  Roasted vegetables  **Dessert**  Fruity yoghurt pot  Whole 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 jelly  Whole fruit | **Hot Main**  Roast gammon & gravy  **Hot Vegetarian**  Vegetable sausage & gravy  **Vegetables & Sides**  Roast potatoes, broccoli, carrots  **Dessert**  Fruity yoghurt pot  Whole 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 Jelly  Whole 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**