



Rocking Horse Nursery Week One

MENU



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 x28	Lunch x35	Lunch x39	Lunch x38	Lunch x33
Hot Main	Hot Main	Hot Main	Hot Main	Hot Main
Plain wholemeal pasta (wheat / gluten)	Pulled paprika chicken with roasted peppers & onions	Roasted pork loin Gravy	Mild Mexican braised beef & vegetables	Tuna, lasagne (wheat / gluten, dairy, fish)
Tomato sauce	Hot Vegetarian	Hot Vegetarian	Hot Vegetarian	Hot Vegetarian
Mushroom & garlic cream sauce (dairy)	Barbeque Quorn, spinach, butternut squash bake topped with avocado (egg)	Vegetarian mince, mixed bean & vegetable (eggs) (Greek yogurt separate (dairy))	Feta, spinach, leek & pimento tart (dairy, wheat / gluten, egg) (tomato salsa separate)	Butternut squash, sweetcorn & courgette coconut curry
Roasted mixed vegetables	Vegetables & Sides	Vegetables & Sides	Vegetables & Sides	Vegetables & Sides
½ Garlic slice (wheat / gluten, soy, dairy)	Herb potatoes, baked cauliflower, green beans	Roast potatoes, Steamed broccoli & carrots	Rice, sweetcorn & green beans	Crushed sweet potato, Garden Peas,
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit jelly Yoghurt pot (dairy) Sliced fruit	Fruit jelly Yoghurt pot (dairy) Sliced fruit	Fruit jelly Yoghurt pot (dairy) Sliced fruit	Fruit jelly Yoghurt pot (dairy) Sliced fruit	Fruit jelly Yoghurt pot (dairy) Sliced fruit
Tea 4.00 x15	Tea 4.00 x21	Tea 4.00 x23	Tea 4.00 x23	Tea 4.00 x18
Sliced cheddar cheese sandwich on wholemeal & cucumber sticks (wheat / gluten, soy, dairy) (half per pupil) (Gluten free / vegan option)	Baked squash with baked beans	Gluten free pasta bake with tomato & oregano	Scrambled egg on toast	Jacket potato & Spaghetti hoops (wheat / gluten) (M.C egg)