



Rocking Horse Nursery Week Three

MENU



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 x28	Lunch x35	Lunch x39	Lunch x38	Lunch x33
Hot Main Plain wholemeal pasta (gluten, wheat) Tomato & fresh basil Spinach, ricotta & pea in creamy sauce (dairy) ½ Garlic slice (wheat / gluten, soy, dairy) Cauliflower, sweetcorn Dessert Fruit jelly Yoghurt pot (dairy) Sliced fruit	Hot Main Greek style turkey with mint & sauté vegetables (sulphites) (feta & yoghurt separate) Hot Vegetarian Vegan meatless meat balls in tomato sauce (gluten, wheat) Vegetables & Sides Braised rice, green beans, roasted vegetables Dessert Fruit jelly Yoghurt pot (dairy) Sliced fruit	Hot Main Roast chicken gravy Hot Vegetarian Vegetable sausage (wheat / gluten) Vegetables & Sides Roast potatoes, broccoli, carrots Dessert Fruit jelly Yoghurt pot (dairy) Sliced fruit	Hot Main Meat balls in rich spinach tomato sauce (gluten / wheat) Hot Vegetarian Mixed vegetables & bean, vegan cheese sweet potato bake Vegetables & Sides Braised brown rice, sweetcorn, spring greens Dessert Fruit jelly Yoghurt pot (dairy) Sliced fruit	Hot Main Mild coconut fish curry with chick pea, green beans & carrots (fish) Hot Vegetarian Broccoli, butternut filo parcel with tomato sauce (gluten / wheat) Vegetables & Sides Garden peas, Jacket potato wedges Dessert 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
Jacket potato with baked beans	Roasted sliced sweet potato with tomato sauce and grated cheddar. (dairy)	Butternut squash with spaghetti hoops (wheat / gluten M.C egg)	Gluten free pasta bake with tomato & oregano	Sliced cheddar sandwich on white bread & cucumber sticks (gluten / wheat, soy, dairy) (Gluten free / vegan option)