



# Rocking Horse Nursery Week Two

# MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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
<b>Lunch x28</b>	<b>Lunch x35</b>	<b>Lunch x39</b>	<b>Lunch x38</b>	<b>Lunch x33</b>
<b>Hot Main</b>	<b>Hot Main</b>	<b>Hot Main</b>	<b>Hot Main</b>	<b>Hot Main</b>
Plain wholemeal pasta (wheat / gluten)	Mild chipotle chicken thigh with coriander, onion and peppers	Pork sausages (gluten, sulphites)	Mac N cheese (dairy, wheat / gluten, mustard) (Shredded beef in tomato sauce separate)	Steamed pollock with parsley sauce (fish)
Tomato & fresh basil sauce	<b>Hot Vegetarian</b>	onion gravy	<b>Hot Vegetarian</b>	<b>Hot Vegetarian</b>
Creamy broccoli, zucchini & sweet potato cream sauce (Dairy)	Sweet potato, pumpkin & pimento lasagne (dairy, wheat / gluten)	<b>Hot Vegetarian</b>	Tomato, vegetable & spinach bake topped with homemade falafel	Sweet potato, roasted carrot & asparagus pie (mash potato top)
½ garlic bread (wheat / gluten, soy, dairy)	<b>Vegetables &amp; Sides</b>	Meatless vegan balls and roasted mixed vegetables (wheat / gluten)	<b>Vegetables &amp; Sides</b>	<b>Vegetables &amp; Sides</b>
Green beans, roasted cauliflower	Braised rice, broccoli, sweetcorn	<b>Vegetables &amp; Sides</b>	Roasted new potato, roasted mixed vegetables	Steamed crushed new potatoes, peas
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Fruit jelly	Fruit jelly	Fruit jelly	Fruit jelly	Fruit jelly
Yoghurt pot (dairy)	Yoghurt pot (dairy)	Yoghurt pot (dairy)	Yoghurt pot (dairy)	Yoghurt pot (dairy)
Sliced fruit	Sliced fruit	Sliced fruit	Sliced fruit	Sliced fruit
<b>Tea 4.00 x15</b>	<b>Tea 4.00 x21</b>	<b>Tea 4.00 x23</b>	<b>Tea 4.00 x23</b>	<b>Tea 4.00 x18</b>
Wholemeal toast with baked beans (wheat / gluten, soy)	Tomato, sweetcorn gluten free pasta bake	Broccoli & tomato bake topped with gluten free crumb	Butternut squash with spaghetti hoops (wheat / gluten) (M.C egg)	Breaded potato patty filled with carrot, sweetcorn & pepper (gluten) served with tomato sauce