



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	Lunch	Lunch	Lunch	Lunch
Hot Main	Hot Main	Hot Main	Hot Main	Hot Main
Plain wholemeal pasta	Mild chicken curry	Roast Gammon	Braised beef, carrot & baby onion pie	Homemade breaded fish
Tomato & basil sauce	Hot Vegetarian	Hot Vegetarian	Hot Vegetarian	Hot Vegetarian
Vegetable sausage casserole bake topped with mash potato	Coconut & lime with aubergine, broccoli, pepper & lentil	Sweet potato, butternut, spinach & cauliflower Filo pie	Vegetable mince & butter bean bolognese	Macaroni pasta & vegetable bake
sweetcorn Half Garlic slice	Vegetables & Sides	Vegetables & Sides	Vegetables & Sides	Vegetables & Sides
Dessert	Braised rice, roasted cauliflower, green beans	Roast Potatoes, broccoli, carrots	Roasted new potatoes, corn on cob, green beans	Garden Peas / sweetcorn
Fruity Jelly Yoghurt pot Sliced Fruit	Dessert	Dessert	Dessert	Dessert
	Fruity Jelly Yoghurt pot Sliced Fruit	Fruity Jelly Yoghurt pot Sliced Fruit	Fruity Jelly Yoghurt pot Sliced Fruit	Fruity Jelly Yoghurt pot Sliced Fruit
Tea 4.00	Tea 4.00	Tea 4.00	Tea 4.00	Tea 4.00
Selection of crudites	Spaghetti hoops with baguette / gluten free bread	Selection of crudites	Vegetarian fingers with half jacket potato &	Selection of crudites
Baked vegetarian fingers with mashed squash		Breaded patty filled with carrot, onion, peas & sweetcorn served with a tomato & cucumber salsa	Half jacket potato shell filled with mixed vegetables & vegan cheese	Roasted butternut & baked beans