



Rocking Horse Nursery Week Two

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 Tomato & oregano basil Quorn, butternut, sweet potato & lentil hot pot Half garlic bread sweetcorn	Mild braised Jerk chicken in a lime & coriander dressing Hot Vegetarian Creamy sweet potato, spinach & chickpea curry Vegetables & Sides Brown rice, Cauliflower, roasted peppers & courgettes	Pork sausages with onion gravy Hot Vegetarian Bread Quorn with cheese & roasted vegetable Vegetables & Sides Mashed potato, peas, steamed broccoli	Cauliflower soup Hot Main Braised Turkey, kidney bean & pepper tortilla pie Hot Vegetarian Meatless meat balls & spinach in rich tomato sauce Vegetables & Sides Braised rice, steamed carrots, green beans	Pollock & roasted pepper paella Hot Vegetarian Mixed Vegetable & mince pie (potato top) Vegetables & Sides Peas
Dessert Fruity Jelly Yoghurt pot Sliced Fruit	Dessert Fruity Jelly Yoghurt pot Sliced Fruit	Dessert Fruity Jelly Yoghurt pot Sliced Fruit	Dessert Fruity Jelly Yoghurt pot Sliced Fruit	Dessert Fruity Jelly Yoghurt pot Sliced Fruit
Tea 4.00	Tea 4.00	Tea 4.00	Tea 4.00	Tea 4.00
Selection of crudites Roasted sweet potato and baked bean	Selection of crudites Spaghetti hoops and wholemeal toast	Selection of crudites Mild mixed bean & vegetable chilli with pitta bread fingers	Jacket potato and baked bean	Butternut squash fingers with avocado dip