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	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Hot Main Plain wholemeal pasta Tomato & fresh basil Meatless mince lasagne ½ Garlic slice green beans **Dessert** Fruity Jelly Yoghurt pot Sliced Fruit	**Hot Main** Five spice pork & vegetables with pineapple & honey **Hot Vegetarian** Quorn, vegetable & mixed bean tortilla pie **Vegetables & Sides** Braised rice, savoy cabbage, sweetcorn **Dessert** Fruity Jelly Yoghurt pot Sliced Fruit	**Hot Main** Roast chicken & gravy **Hot Vegetarian** Root vegetable crumble **Vegetables & Sides** Roast potatoes, broccoli, carrots **Dessert** Fruity Jelly Yoghurt pot Sliced Fruit	**Hot Main** Cottage pie topped with crushed potatoes **Hot Vegetarian** Butternut squash, spinach, feta & tomato bake **Vegetables & Sides** New potatoes, roasted mixed vegetable **Dessert** Fruity Jelly Yoghurt pot Sliced Fruit	**Hot Main** Tuna, sweet potato & roasted vegetable risotto **Hot Vegetarian** Root vegetable & pumpkin seed loaf in tomato sauce **Vegetables & Sides** Garden peas **Dessert** Fruity Jelly Yoghurt pot Sliced Fruit
Tea 4.00	Tea 4.00	Tea 4.00	Tea 4.00	Tea 4.00
Jacket potato with spaghetti hoops	Selection of crudites Chunky roasted carrot & mixed bean soup with crusty bread Gluten free bread	Crudites Fish cake served with sweetcorn, cucumber & tomato salad	Broccoli & brown rice soup With Bread stick Gluten free bread	Butternut squash & baked beans