



# Rocking Horse Nursery Week One

# 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 (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)
<b>Lunch X 27</b>	<b>Lunch X 35</b>	<b>Lunch X 36</b>	<b>Lunch X 34</b>	<b>Lunch X 32</b>
<b>Hot Main</b>  Plain wholemeal pasta (wheat / gluten) Tomato & basil sauce  Vegetable mince & hot pot (Egg)  Roasted vegetables  Half Garlic slice (wheat / gluten, soy, dairy)  <b>Dessert</b> Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	<b>Hot Main</b> Mild chicken curry with spinach, peas & coriander  <b>Hot Vegetarian</b> Coconut & lime with aubergine, broccoli, pepper & lentil  <b>Vegetables &amp; Sides</b> Braised rice, roasted cauliflower, green beans  <b>Dessert</b> Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	<b>Hot Main</b> Roast Gammon Gravy  <b>Hot Vegetarian</b> Sweet potato, butternut, spinach & cauliflower bake topped with sliced tomato  <b>Vegetables &amp; Sides</b> Roast Potatoes, broccoli, carrots  <b>Dessert</b> Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	<b>Hot Main</b> Braised beef, carrot & pea pie (individual puff pastry separate wheat / gluten)  <b>Hot Vegetarian</b> Vegetable mince & kidney bean mild chilli  <b>Vegetables &amp; Sides</b> Roasted new potatoes, sweet corn, green beans  <b>Dessert</b> Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	<b>Hot Main</b> Steamed fish of the day with parsley sauce (fish)  <b>Hot Vegetarian</b> Pasta (g/f) & vegetable bake  <b>Vegetables &amp; Sides</b> Garden Peas, sweetcorn, steamed crushed new potato  <b>Dessert</b> Fruity Jelly Yoghurt pot (dairy) Sliced Fruit
Tea 4.00 X18	Tea 4.00 X23	Tea 4.00 X23	Tea 4.00 x25	Tea 4.00 X16
Sweet potato with spaghetti hoops (wheat / gluten, eggs)	Gluten free tomato & sweetcorn pasta bake	Thick parsnip soup with wholemeal bread (wheat / gluten, soy)	Jacket potato & baked beans	Ham sandwich x16 / (wheat / gluten, soy)  Cream cheese & cucumber sandwich x16 (wheat / gluten, soy, dairy)