



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 (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Whole fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Whole fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Whole fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)	Whole Milk / soya milk Selection of Cereal Whole fruit Yogurt pot (dairy) Toast (wheat / gluten, soy)
Lunch X 27	Lunch X 35	Lunch X 36	Lunch X 34	Lunch X 32
Hot Main Plain wholemeal pasta (wheat / gluten) Tomato & fresh basil Vegetable Lasagne (wheat / gluten, dairy) Cauliflower, sweetcorn Half Garlic slice (wheat / gluten, soy, dairy) Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Hot Main Five spice honey pork & vegetables Hot Vegetarian Vegetable mince & butternut pie topped with sliced sweet potato (egg) Vegetables & Sides Braised rice, savoy cabbage, green bean Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Hot Main Roast chicken & gravy Hot Vegetarian Root vegetable crumble Vegetables & Sides Roast potatoes, broccoli, carrots Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Hot Main Cottage pie Hot Vegetarian Sweet potato, spinach, feta & tomato bake (dairy) Vegetables & Sides New potatoes, roasted mixed vegetable Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Hot Main Tuna & sweetcorn fish cake with tomato sauce (separate) (fish) Hot Vegetarian Butternut & pumpkin seed loaf with tomato sauce (separate) Vegetables & Sides Garden peas, half jacket potato Dessert 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
Scrambled egg on wholemeal toast (wheat / gluten, soy)	Gluten free tomato pasta bake	Ham sandwich x23 (wheat / gluten, soy) / Cream cheese & cucumber sandwich x23 (wheat / gluten, soy, dairy)	Thick tomato soup with wholemeal bread (wheat / gluten, soy)	Jacket potato with spaghetti hoops (wheat / gluten, eggs)