



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 (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)
Lunch X 27	Lunch X 35	Lunch X 36	Lunch X 34	Lunch X 32
Hot Main	Hot Main	Hot Main	Hot Main	Hot Main
Plain wholemeal pasta (wheat / gluten)	BBQ chicken with roasted pimento, onions & coriander	Pork sausages with onion gravy (wheat / sulphites)	Braised Turkey, cranberry & roasted pepper casserole	Pollock, sweetcorn & leak pie topped with crushed potatoes (fish)
Tomato & oregano basil	Hot Vegetarian Vegan meatless meat balls & spinach in rich tomato sauce (wheat / gluten)	Hot Vegetarian Quorn, mixed bean & roasted vegetable con carne (egg)	Hot Vegetarian Sweet potato, spinach & chickpea coconut mild curry	Hot Vegetarian Macaroni pasta in a butternut, spinach sauce (wheat / gluten)
Creamy broccoli, zucchini & sweet potato bake topped with crushed potato (Dairy)	Vegetables & Sides Brown rice, Cauliflower, roasted peppers & courgettes	Vegetables & Sides Mashed potato, peas, steamed broccoli	Vegetables & Sides Braised rice, carrots, green beans	Vegetables & Sides Peas
Green beans / sweetcorn	Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit	Dessert Fruity Jelly Yoghurt pot (dairy) Sliced Fruit
Half garlic bread (wheat / gluten, soy, dairy)				
Tea 4.00 x18	Tea 4.00 x23	Tea 4.00 x23	Tea 4.00 x25	Tea 4.00 x16
Baked beans on wholemeal toast (wheat / gluten, soy)	Butternut squash and spaghetti hoops (wheat / gluten, eggs)	Breaded patty with carrot, peas & sweetcorn with tomato sauce	Tomato gluten free pasta bake	Thick carrots soup with wholemeal bread (wheat / gluten, soy)