



Autumn/Winter Menu – Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| Morning and afternoon snack | | | | | |
| A variety of breadsticks with houmous, crackers with cheese, rice cakes, Hovis biscuits, oat cakes or vegetable sticks with cream cheese | | | | | |
| Breakfast | | | | | |
| Wholemeal toast with a selection of cereals including Weetabix, Readybrek and Shreddies | | | | | |
| Main Meal | | | | | |
| Traditional Meal | Homemade vegetable curry served with rice and naan bread | Lamb bolognaise served with pasta and herb bread | Roast pork served with roast potatoes and fresh seasonal vegetables | Homemade fish pie with peas and sweetcorn | Homemade chicken and vegetable casserole served with new potatoes and vegetables |
| Vegetarian Meal | | Lentil bolognaise served with pasta and herb bread | Roast Quorn fillets served with roast potatoes and fresh seasonal vegetables | Homemade cheese and potato pie with peas and sweetcorn | Homemade vegetable casserole served with new potatoes and vegetables |
| Dessert | Fresh pineapple | Apple, sultana and cinnamon crumble with fresh cream | Fromage frais | Homemade fruit flapjack | Bananas and custard |
| Tea | | | | | |
| Main Option | Homemade vegetable soup with toasted wholemeal croutons | Jacket potato with cheese and baked beans | Warm ham and cheese breadsticks with carrot and cucumber sticks | Pasta with a tomato and basil sauce | Cheesy toasted muffins |
| Dessert | Natural yoghurts | Fresh pears | Fresh apples | Greek yoghurts | Fresh oranges |

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LOUGHBOROUGH
Nursery