

Spring/Summer Menu – Week 1



LOUGHBOROUGH
Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning and afternoon snack						
A variety of breadsticks with houmous, crackers with cheese, rice cakes, 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	Pork and Mediterranean vegetable casserole served with cous cous and green beans	Fish curry served with rice and naan bread	Chicken and peppers in a tomato sauce served with new potatoes and peas	Roast gammon (chicken for babies) served with roast potatoes and fresh seasonal vegetables	Cheese and potato pie served with carrots and broccoli	
Vegetarian Meal	Mediterranean vegetables served with cous cous and green beans	Vegetable curry served with rice and naan bread	Vegan Quorn chunks and peppers in a tomato sauce served with new potatoes and peas	Roast Quorn fillets (chicken for babies) served with roast potatoes and fresh seasonal vegetables		
Dessert	Bananas and custard	Homemade jam tarts	Fresh fruit	Fruit yoghurts	Jelly	
Tea						
Main Option	Jacket potatoes served with cheesy coleslaw	Homemade pizzas topped with ham, cheese, tomatoes and oregano	Parsnip and apple soup served with toasted wholemeal croutons	Chicken, cheese, peppers and cucumber served with French stick	Fluffy scrambled eggs on toast	
Dessert	Homemade flapjack	Fresh fruit	Greek yoghurts	Homemade oaty biscuits	Natural yoghurts	