

SOUTH LEE NURSERY MENU- WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	A selection of fresh fruits or vegetable				
LUNCH	Saucy butternut & mushroom fricassee with spinach & cauliflower	Shredded chicken breast in cream sauce, sweet potato mash with fresh spinach, broccoli	Beef ragu Ground beef with added courgette, carrot & leek, slow cooked with tomatoes & herbs; and linguine, served with steamed peas	Roast pork loin, potatoes, vegetable of the day, Yorkshire pudding & vegetable gravy	Creamy, cheesy cod with courgette & peas, steamed broccoli
VEGETARIAN	Saucy butternut & mushroom fricassee with spinach & cauliflower	Diced vegetables in cream sauce, sweet potato mash with fresh spinach, broccoli	Red pepper and aubergine ragu	Lentil roast, Potatoes, vegetable of the day, Yorkshire pudding & vegetable gravy	Creamy, cheesy courgette & peas
DESSERT	Blueberry yoghurt Blueberries blitzed with full fat yoghurt	Raspberry yoghurt Raspberries blitzed into full fat yoghurt	Cheese & grapes	Cream cheese & full fat yoghurt swirled with strawberry & raspberry puree	Chilled apple puree
AFTERNOON SNACK	Our daily special low sugar snacks				
NURSERY TEA	Baked chicken & shredded vegetable meatballs in tomato & apple sauce Fresh fruit	Beetroot & feta 'pink' pasta salad Vibrant blended beets & feta cheese tossed with fusilli pasta Fresh fruit	Scrambled eggs, freshly baked homemade bread, toasted with gently scrambled eggs and chilled & creamy pea & avocado Fresh fruit	Creamy, crustless spring pea and broccoli quiche Served with finely sliced mixed peppers Fresh fruit	Pulled pork chopped with carrots & squash in a homemade tomato & herb sauce Fresh fruit