

SOUTH LEE NURSERY MENU- WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	A selection of fresh fruits or vegetable				
LUNCH	Chicken & courgette paprikash Packed with vegetables and a sprinkle of paprika with Mashed potato, cauliflower	Smokey ground beef, kidney beans, courgette, peppers & coriander slow cooked together with carrot rice, corn & spinach	Mixed vegetable and cheese macaroni A smooth, root vegetable-based sauce, tossed with pasta and cheese, with peas	Potato topped creamy chicken & vegetable pie	Steamed cod, baked fresh cut wedges, vegetable of the day
VEGETARIAN	Mushroom & pepper paprikash	Smoky mixed bean	Mixed vegetable and cheese macaroni A smooth, root vegetable-based sauce, tossed with pasta and cheese, with peas	Creamy squash & mushroom pie	Steamed cod, baked fresh cut wedges, vegetable of the day
DESSERT	Blueberry yoghurt Blueberries blitzed with full fat yoghurt	Yoghurt & peach puree Pureed peaches with full fat yoghurt	Sweet potato soft bake cookies Oaty with a pinch of cinnamon, sweetened naturally with sweet potato & banana	Berry yoghurt Berries blitzed with full fat yoghurt	Cheese and grapes
AFTERNOON SNACK	Our daily special low sugar snacks				
NURSERY TEA	Coconut & butternut squash curry Tender sweet squash and mixed vegetables in a light creamy sauce Fresh fruit	Mediterranean stewed mixed pepper & sweet potato Deliciously soft pepper trio, sweet potato & tomatoes with oregano Fresh fruit	Tuna, sweetcorn, tomato & broccoli eggy muffins with softened carrot batons Fresh fruit	Pick & Mix A range of proteins, fruits, avocado, fresh bread, salad & dips Fresh fruit	Homemade chicken nuggets with carrot & sweet potato, served with our very own tomato & apple 'ketchup'