

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	Beef & pork meatballs homemade with added chopped spinach, roasted red pepper and tomato sauce with cheesy cauliflower mash & green beans	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	Homemade vegetarian meatballs	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	Floured Chicken fillet steamed broccoli, warm tomato dipping sauce Fresh fruit