

SOUTH LEE LUNCH MENU - WEEK 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery and Reception Snack (10.00am)	A selection of fresh fruits or vegetable				
Lunch	Chicken tikka masala, rice, cauliflower	Carbonara, roasted tomatoes	Cottage pie Broccoli	Jumbo pigs in blankets, roast potatoes, Yorkshire pudding, vegetable of the day & gravy	Chicken Goujons, chips, peas
Vegetarian Option	Potato & pepper tikka masala, rice, cauliflower	Sweet potato & roasted butterbean pasta bake, corn	Lentil cottage pie, broccoli	Vegetable sausage, potatoes, yorkshire pudding, veg of the day & gravy	Vegetable fingers, potato wedges, peas
Dessert	Steamed chocolate pudding & chocolate custard	Biscuit cake	Apple oatmeal cookies	Peach crumble & custard	Cake of the week
Nursery Lunch	Mild chicken, sweet potato curry, rice, cauliflower <i>Yoghurt & peaches</i>	Sweet potato & roasted butterbean pasta bake, corn <i>Blackberry yoghurt</i>	Cottage pie, slow cooked with vegetables, broccoli <i>Sliced cheese & grapes</i>	Roast chicken, potatoes, yorkshire pudding, veg of the day & gravy <i>Peach crumble & custard</i>	Steamed fish, potato wedges, peas <i>Blueberry yoghurt</i>
Salad Bar	A selection of fresh salads				
Pre-Prep Snack (2:30pm)	Our daily special low sugar snacks				
Nursery Snack (3:00pm)	A selection of baked bread & butter, oatmeal muffins, date bars, fruit or cheese and crackers				
Prep Snack (4:30pm)	Chosen on the day by our Chef, with nutrition and quality in mind!				
Nursery Tea (4:30pm)	Jacket potato, baked beans or cheese <i>Fresh fruit</i>	Spinach & cheese pinwheels, pepper medley <i>Fresh Fruit</i>	Fish fingers, sliced potato, peas <i>Fresh fruit</i>	Pick'n'mix Range of proteins, bread, vegetables, fruits & cheeses <i>Fresh fruit</i>	Fresh baked veggie pizza <i>Fresh fruit</i>