

# SOUTH LEE LUNCH MENU - WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery and Reception Snack (10.00am)	A selection of fresh fruits or vegetable				
Lunch	Chicken gravy pie Mashed potato, broccoli	Beef & shredded vegetable lasagne, peas	Smokey chilli beef, rice, corn	Roast Turkey, potatoes, Yorkshire pudding, vegetable of the day & gravy	Sausage roll, chips & beans
Vegetarian Option	Mushroom & vegetable pie, mashed potato, broccoli	Mediterranean vegetable lasagne, peas	Bean & vegetable chilli, rice, corn	Lentil roast, potatoes, Yorkshire pudding, vegetable of the day, gravy	Cheese & onion roll, chips, beans
Dessert	Dorset apple cake & custard	Oaty cookie	Shortbread & mousse	Apple & blackberry oaty crumble, custard	Chocolate crunch
Nursery Lunch	Creamy chicken & leeks potato topped pie, broccoli <i>Poached apple slices, custard</i>	Beef & shredded vegetable lasagne, peas <i>Bananas &amp; plain yoghurt</i>	Smokey beef & beans, rice, corn <i>Fresh berry yoghurt</i>	Roast Turkey, potatoes, Yorkshire pudding, veg of the day & gravy <i>Apple &amp; blackberry oaty crumble, custard</i>	Steamed fish, potato wedges, broccoli <i>Peach fool</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)	Traditional Afternoon Tea <i>Naturally sweet treat</i>	Baked potato with beans/cheese <i>Fresh fruit</i>	Vegetable frittata <i>Fresh fruit</i>	Pesto pasta with fresh sliced tomatoes <i>Fresh fruit</i>	Pork meatball in vegetable sauce, breads <i>Fresh fruit</i>