

# SOUTH LEE LUNCH MENU - WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery and Reception Snack (10.00am)	A selection of fresh fruits or vegetable				
Lunch	Garlic chicken, steamed rice, broccoli	Fresh tomato & ricotta penne With spinach, garlic bread & peas	Sausages & mash, green beans & onion gravy	Roast Pork, potatoes, Yorkshire pudding, vegetable of the day & gravy	Fish Fingers, chips & beans
Vegetarian Option	Mixed bean goulash, steamed rice, broccoli	As above	Quorn sausages, mashed potato, green beans & onion gravy	Roast Quorn fillet, potatoes, Yorkshire pudding, vegetable of the day, gravy	Vegetable fingers, chips, beans
Dessert	Iced ring doughnut	Sticky toffee pudding, custard	Oat crunchies	Apple crumble & custard	Butterscotch & banana waffles
Nursery Lunch	Mixed bean goulash, steamed rice, broccoli <i>Apple puree &amp; yoghurt</i>	Fresh tomato & ricotta penne with spinach, garlic bread, peas <i>Fresh Berry Yoghurt</i>	Chicken, herb & vegetable casserole, mashed potato, green beans <i>Rice pudding &amp; steamed pears</i>	Roast Pork, potatoes, Yorkshire pudding, vegetable of the day & gravy <i>Apple crumble &amp; custard</i>	Fish pie, vegetable of the day <i>Cheese &amp; sliced grapes</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)	Sweet potato curry & dipping breads <i>Fresh fruit</i>	Broccoli quiche <i>Fresh Fruit</i>	Mixed vegetable & cheese puff pastry mini rolls, salad medley <i>Fresh fruit</i>	Ratatouille stew <i>Fresh fruit</i>	Cheesy spinach frittata fingers <i>Fresh fruit</i>