

LUNCH MENU - WEEK THREE



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery and Reception Snack (10.00am)	A selection of fresh fruits or puree				
Lunch	Sweet & sour chicken, egg rice, greens	Carbonara, garlic bread, roasted balsamic tomatoes & spinach	Sri Lankan Curried chicken, spiced cabbage, rice	Beef chilli, garlic rice, baked tortillas and green beans	Fish, chips, peas
Vegetarian Option	Sweet & sour vegetables, egg rice, greens	Linguine marinara, garlic bread, roasted balsamic tomatoes & spinach	Sri Lankan curried mixed vegetables, spiced cabbage, rice	Triple bean chilli, garlic rice, baked tortillas and green beans	Fish, chips, peas
Dessert	Oaty cookie	Raspberry Swiss roll	Summer berry crunch	Vanilla pannacotta, blueberry compote	Chocolate marble cake
Nursery Lunch	Chicken in a fruity tomato sauce, rice, broccoli	Linguine, smooth vegetable sauce, garlic bread, spinach & peas	Chicken in squash and coconut sauce, coconut cabbage & rice	Beef & carrot meatballs, sweet potato sauce, garlic rice, green beans	Fish in parsley sauce, potatoes, peas
Nursery Dessert	Yoghurt & peaches	Raspberries & cream	Summer berry crunch	Vanilla pannacotta, blueberry compote	Rice pudding & pears
Salad Bar	A selection of fresh salads and cold proteins, such as a variety of sandwiches. Jacket potatoes are also available				
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 (4.10pm)	Dark rye cracker & cheese with apples/ sandwiches				
Nursery Tea (4.30pm)	Jacket potato, tuna & sweetcorn or cheese	Chickpea tagine, flatbread fingers	Fish fingers Mash and peas	Sandwich selection vegetable crudites	Creamy penne in cauliflower cheese sauce