

SOUTH LEE NURSERY MENU- WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	A selection of fresh fruits or vegetable				
LUNCH	Stewed pork and vegetables A range of vegetables, diced potato, herbs, garlic with tender ground pork served with cabbage	Shredded chicken curry with coconut milk, veggies, fresh coriander & carrot rice	Ratatouille stew with a pea & spinach combo	Roast turkey, potatoes, vegetable of the day, Yorkshire pudding & vegetable gravy	Salmon, tomato, cheddar & basil frittata wedge Slow baked, nutritious frittata, served with peas
VEGETARIAN	Vegetable stew, cabbage	Vegetable, chick pea & coconut curry	Ratatouille stew with a pea & spinach combo	Roasted red pepper bake	Tomato, cheddar, basil frittata wedge
DESSERT	Blueberry yoghurt Blueberries blitzed with full fat yoghurt	Raspberry yoghurt Raspberries blitzed into full fat yoghurt	Sweet potato pudding Full fat yoghurt blended with sweet potato puree. Chilled, smooth & naturally sweet	Cheese and grapes	Apple & pear puree with yoghurt Pureed fruits with full fat yoghurt
AFTERNOON SNACK	Our daily special low sugar snacks				
NURSERY TEA	Baked potato halves, home baked beans & grated cheese Haricot beans stewed gently in tomatoes with oregano and onion Fresh fruit	Chunky vegetable soup With dipping breads Fresh fruit	Spinach & cheese omelette Gently baked egg, packed with spinach and cheddar cheese, cut into fingers Fresh fruit	Triple Bean goulash Butterbean, Cannellini bean and chopped green bean, with mixed peppers, sprinkle of paprika and tomatoes Fresh fruit	Mixed vegetable & cheese pancakes Freshly made wholewheat & mixed vegetable savoury pancakes with tomato & apple 'ketchup' Fresh fruit