



**NETHER GREEN
NURSERY**

LUNCH MENU

WEEK 1

ALL DIETARY NEEDS
WILL BE MET AND
VEGETARIAN OPTIONS
ARE AVAILABLE

MONDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

BEEF AND GREEN
LENTIL BOLOGNESE
OR
ROOT VEGETABLE AND
LENTIL BOLOGNESE
SERVED WITH
FUSILLI PASTA

DESSERT

CHIA SEED PUDDING

AFTERNOON SNACK

CRACKER & BANANA
MILK OR WATER

TEA

CHEESE AND CHUTNEY
SANDWICH

TUESDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

MILD AND CREAMY
TOMATO CHICKPEA
CURRY
SERVED WITH
VEGETABLE RICE

DESSERT

FRUIT JAM & YOGHURT

AFTERNOON SNACK

BANANA & RICECAKE
MILK OR WATER

TEA

RAINBOW PASTA SALAD

WEDNESDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

SLICED ROAST BEEF
OR
VEGGIE ROSEMARY AND
RED ONION SAUSAGES
SERVED WITH
ROAST POTATOES,
VEGETABLES, YORKSHIRE
PUDDING AND GRAVY

DESSERT

SHORTBREAD COOKIE

AFTERNOON SNACK

RICECAKE & APPLE
MILK OR WATER

TEA

PITTA AND HOUMOUS

THURSDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

SLOW COOKED CHICKEN
AND VEGETABLE STEW
OR
WILD MUSHROOM AND
VEGETABLE STEW
SERVED WITH
SMOOTH MASHED
POTATO

DESSERT

YOGHURT & GRANOLA

AFTERNOON SNACK

CRACKERS & ORANGE
MILK OR WATER

TEA

SOFT CHEESE AND HERB
BAGEL

FRIDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

HANDMADE COD AND
VEGETABLE FISHCAKE
OR
POTATO AND
VEGETABLE SCALLOP
SERVED WITH
CHIPS OR NEW
POTATOES

DESSERT

FRUIT OATS & CUSTARD

AFTERNOON SNACK

MIXED FRUIT
MILK OR WATER

TEA

CURRIED CHICKPEAS
AND LETTUCE WRAP



**NETHER GREEN
NURSERY**

LUNCH MENU

WEEK 2

ALL DIETARY NEEDS
WILL BE MET AND
VEGETERIAN OPTIONS
ARE AVAILABLE

MONDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

ROASTED TOMATO
CHICKPEA AND
VEGETABLE CHILLI
SERVED WITH
LONG GRAIN RICE

DESSERT

CHIA SEED PUDDING

AFTERNOON SNACK

CRACKER AND BANANA
MILK OR WATER

TEA

CHEESE AND CUCUMBER
SANDWICH

TUESDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

BEEF AND VEGETABLE
COTTAGE PIE
OR
VEGETABLE AND LENTIL
COTTAGE PIE
SERVED WITH
GREEN BEANS

DESSERT

FRUIT JAM & YOGHURT

AFTERNOON SNACK

MIXED FRUIT
MILK OR WATER

TEA

CREAMY CORN PASTA
SALAD

WEDNESDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

KATSU-INSPIRED CRISP
VEGETABLE CUTLETS
SERVED WITH
VEGETABLE RICE AND A
SWEET POTATO, CARROT
CURRY SAUCE

DESSERT

SHORTBREAD COOKIE

AFTERNOON SNACK

RICECAKE AND PEAR
MILK OR WATER

TEA

CHEESE AND CRACKERS

THURSDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

HERBY PORK SAUSAGE
CASSEROLE
OR
VEGGIE ROSEMARY &
RED ONION SAUSAGE
CASSEROLE
SERVED WITH
CREAMY MASH POTATO

DESSERT

YOGHURT AND GRANOLA

AFTERNOON SNACK

APPLE AND FRUIT LOAF
MILK OR WATER

TEA

VEGETABLE STICKS AND
HOUMOUS

FRIDAY

BREAKFAST

WEETABIX, CRUMPETS
OR TOAST
MILK OR WATER

HOT LUNCH

HANDMADE COD AND
VEGETABLE FISHCAKE
OR
POTATO AND
VEGETABLE SCALLOP
SERVED WITH
CHIPS OR NEW
POTATOES

DESSERT

FRUIT OATS & CUSTARD

AFTERNOON SNACK

ORANGE & BREADSTICK
MILK OR WATER

TEA

SOFT CHEESE AND HERB
BAGEL