

WEEK 3 PRE-PREP & NURSERY LUNCH MENU

Monday

spaghetti bolognese
vegetarian bolognese
with Quorn mince
pasta in roasted red
pepper sauce
garlic bread
peas & sweetcorn
chocolate sponge with
chocolate sauce

Tuesday

tandoori style chicken
marinated in spices
& yoghurt with fresh
coriander
meat-free chicken in
tandoori sauce
pasta in
tomato sauce
jasmine rice
prawn crackers
Biscoff cheesecake

Wednesday

beef pie topped with
Teresa's shortcrust
pastry
jacket potatoes
pesto pasta
mashed potatoes
green beans
sugar snap peas
fresh fruit & yoghurt
with fruit compote
toppings

Thursday

honey & grain mustard
baked gammon
roasted meat-free
steak
pasta in
bolognese sauce
roasted potatoes
with thyme
steamed broccoli
apple crumble with
custard

Friday

fish goujons in batter
fishless fish
pasta with chicken
in white sauce with
fresh herbs
tartare sauce
lemon wedges
skinny fries
petit pois
baked beans
rice pudding
with jam

A range of fresh tasty salads, protein items and baked potatoes with hot and cold toppings are also available daily
Yoghurt, chilled deserts and freshly cut and whole fruit are also served.

WE ARE A NUT AND SESAME FREE SCHOOL