

# NURSERY MENU W/C: 3<sup>rd</sup> JANUARY 2022

(Subject to seasonal availability of fresh ingredients)

**Monday.**

## CLOSED

**Tuesday. Lunch:** Grilled Cumberland Sausage, served with Swede & Potato Mash, Cabbage and Onion Gravy.

Lemon Meringue Pie

**Tea:** Jacket Potato Wedges & Baked Beans

Fruit Fromage Frais

**Wednesday. Lunch:** Lamb's Liver & Onions (tender Lamb's Liver, thinly sliced and cooked in the oven with onions and gravy) served with creamed Potato, Peas and Sweet corn.

Rice Milk Pudding & Strawberry Jam

**Tea:** Cod Fillet Fish Fingers & Spaghetti

Buttered fruity Malt Loaf

**Thursday. Lunch:** Spaghetti Bolognese (Lean Minced Beef cooked with Tomatoes, Onion, Carrot, Celery, Garlic and Herbs, served over Pasta).

Stewed Fruit and Custard

**Tea:** Ham, Pickle & Salad Chunks with Crusty French Bread

Lemon Cheesecake

**Friday. Lunch:** Chicken Supreme (Chicken cooked in a creamy sauce with Carrots, Sweet Corn, Onions and Red Grapes) served over boiled Rice.

Fresh Strawberry Jelly

**Tea:** Hot Buttered Toasted Teacakes with Cheese & Apple Chunks.

Cereal Fruit bar

# NURSERY MENU W/C: 10<sup>th</sup> JANUARY 2022

(Subject to seasonal availability of fresh ingredients)

**Monday. Lunch:** Fisherman's Pie (Flaked fillet of Coley with Sweet corn in a savoury white sauce, topped with mashed potatoes and baked 'til golden brown) served with French Green Beans.

Fresh Fruit Salad (Melon, Banana, Kiwi & Grapes)

**Tea:** Wholemeal Pitta Bread with Melted Cheese & Spring Onion mix, Salad Chunks &

Toffee Yoghurt

**Tuesday. Lunch:** Beef & Root Veg' Stew (Lean diced Beef, cooked with Carrots, Swede & Parsnips in gravy), served with mashed Potatoes & Peas.

Apple & Blackberry Crumble & Custard

**Tea:** Tuna Savoury Wholemeal Sandwiches with Salad chunks

Fruit Muffins

**Wednesday. Lunch:** Cauliflower & Broccoli Oat Crumble (Florets of Cauliflower & Broccoli cooked and covered in Cheese sauce, topped with rolled Oats crumble and baked 'til golden brown) served with Carrots.

Fruit Yoghurt

**Tea:** Mini Sausages, celery & carrot sticks, served with Wholemeal Bread & Butter.

Flapjack & Raisins

**Thursday. Lunch:** Toad in the Hole (Low fat, succulent Pork Sausage served in a Yorkshire Pudding) with Potato & Carrot Mash, Peas & Gravy.

Fruit Sponge & Custard

**Tea:** Tomato & Basil Soup with Pumpkin Seeds and Garlic Bread

Digestive Biscuit with Cheese and Grapes

**Friday. Lunch:** Salmon & Tomato Pasta Bake (Flaked wild pink salmon, chopped tomatoes & baked over conchiglie pasta) served with salad chunks.

Pineapple & Ice Cream

**Tea:** Scrambled eggs on wholemeal toast served with cherry tomatoes.

Chocolate Mousse

# NURSERY MENU W/C: 17<sup>th</sup> JANUARY 2022

(Subject to seasonal availability of fresh ingredients)

**Monday. Lunch:** Chicken Korma (Chicken cooked in very mild creamy curry sauce - no chillies) served with Broccoli, Sweetcorn and Rice.

Bananas & Custard

**Tea:** Jacket Potato with Cream Cheese and Baked Beans

Fruit Yoghurt

**Tuesday. Lunch:** Chilli Con Carne (Lean minced steak, cooked with tomatoes, onion, green pepper & baked beans - no chillies!) served with Rice & Pitta Bread

Mandarin Sponge Flan (Juicy Mandarins on a sponge flan base covered in fruit glaze)

**Tea:** Cream Cheese Wholemeal sandwiches with carrot sticks & Hummous dip.

Oat Cakes & Sultanas

**Wednesday. Lunch:** St Bernard's Pie (Lean minced Turkey, cooked with onion, a hint of sage & gravy, topped with creamed potato & baked 'til golden brown) served with Broccoli & Sweetcorn.

Fresh Fruit Salad (Apple, Mandarin, Grapes & Banana)

**Tea:** Potato Croquettes and Baked Beans

Rich Tea Biscuit with Pear slices

**Thursday. Lunch:** Fish Cakes (Flaked Fillet of Cod or Haddock, made in to cakes with mashed Potato and baked 'til golden) served with Broccoli & Sweet Corn with Parsley sauce.

Jamaica Trifle (Layered Ginger Sponge & Pineapple under Custard)

**Tea:** Hot buttered Crumpets with Cheese and Salad chunks.

Cereal Fruit Bar

**Friday. Lunch:** Cheese & Onion Potato Bake (layers of Potato, Cheese and Onions baked 'til golden) served with Carrots and sliced Green Beans.

Chocolate Mousse

**Tea:** Mackerel Pate on Wholemeal Toast with cucumber.

Buttered Sultana Scones and Strawberry jam

# NURSERY MENU W/C: 24<sup>th</sup> JANUARY 2022

(Subject to seasonal availability of fresh ingredients)

**Monday. Lunch:** Chicken & Leek Casserole (Chicken and Leeks cooked in Gravy) served with Creamed Potato, Broccoli & Carrots.

Apple Pie & Custard

**Tea:** Vegetable Savoury rice, Naan Bread, Cucumber, Hummous & Raita Dip.

Fromage Frais

**Tuesday. Burn's Night Lunch:** Haggis with Nips & Tatties (Swede & Potato Mash), served with peas and gravy

Shortbread Finger & Raspberries

**Tea:** Scrambled Eggs on Wholemeal Toast with cherry tomatoes

Strawberries & Melon

**Wednesday. Lunch:** Savoury Mince & Onions (Lean Minced beef stewed with Carrots, Onions and gravy) served with New Potatoes and cabbage.

Fruit Trifle (layers of Fresh Fruit and Sponge, topped with Custard).

**Tea:** Wholemeal Ham Sandwiches with Salad Chunks.

Flapjack & Sultanas

**Thursday. Lunch:** Sausage Casserole (pork sausage cooked in the oven with carrot & onion gravy) served with Mashed Potato & Broccoli

Strawberries and Ice Cream

**Tea:** Tuna, Sweet corn & pepper Tortilla Wrap with salad chunks.

Cereal Fruit Bar

**Friday. Lunch:** Salmon & Broccoli Oat Crumble (Flaked Salmon Steak & Broccoli Florets cooked in a savoury white sauce and baked under a savoury rolled oat crumble) with Peas.

Fruit Fromage Frais

**Tea:** Cream of Vegetable & Lentil Soup with Wholemeal Bread Roll.

Buttered Fruity Malt Loaf

# NURSERY MENU W/C: 31<sup>ST</sup> JANUARY 2022

(Subject to seasonal availability of fresh ingredients)

**Monday. Lunch:** Shepherd's Pie (Lean Minced Lamb, cooked with Onion & Carrots, topped with mashed Potato and baked 'til golden brown), French Green Beans, Sweetcorn & Gravy.

Lemon Sponge & Custard

**Tea:** Macaroni Cheese (Pasta smothered in Cheese Sauce) with Cherry Tomatoes & Sunflower Seeds.

Fig Roll & Satsuma

**Tuesday. Chinese New Year Lunch:** chicken chow Mein (diced chicken, sweet corn, spring onions, bean sprouts, red pepper with a hint of chow Mein sauce served with noodles)

ice cream & Lychees

**Tea:** Winter vegetable soup (potato, onion, swede, parsnip & butterbean) with a bread roll

Rich tea fingers & raisins

**Wednesday. Lunch:** Ham & Mushroom Tagliatelle (Green Tagliatelle, covered in savoury white sauce loaded with Ham, Petis Pois and Mushrooms).

Chocolate Crepes & Mandarins

**Tea:** Wholemeal Cheese Sandwiches with Carrot Sticks & Hummous dip.

Crème Caramel

**Thursday. Lunch:** Cod Fillet Fish Fingers, jacket Potato Wedges, Peas & Sweet corn with Parsley Sauce

Tapioca Milk Pudding with Blackcurrant jam

**Tea:** Baked Beans on Wholemeal Toast

Buttered Scotch Pancakes & Banana

**Friday. Lunch:** Chicken & Mushroom Pie (Roast Chicken & Mushroom in gravy under short Crust pastry) served with Mashed Potato & Broccoli.

Peaches & Ice Cream

**Tea:** Wholemeal Pitta Bread with Cheese and Salad Chunks plus Pumpkin Seeds.

Digestive Biscuits with Apple & Raisins