

# NurtureVille Nursery Menu

## Menu 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Puffed wheat, shredded wheat, weetabix, ready brek, porridge oats, fruits, toast or yogurts and milk/water				
Mid Morning Snack: Breadsticks, crackers, bananas, apples or oranges with water or milk					
Lunch served with water	Chicken curry, brown rice, peas, carrots and cucumber, tomato and lettuce salad	Spaghetti lamb Bolognese, lettuce, sweet corn and tomatoes with warm bread	Chilli con carne, brown rice and lettuce, tomato and cucumber salad	Cod and salmon pie, carrots, string beans and sweet corn	Sweet and sour chicken with noodles and carrots
Vegetarian option	Tofu curry, brown rice and peas, cucumber, tomato, carrot and lettuce salad	Spaghetti quorn Bolognese, sweet corn with lettuce and tomatoes with warm bread	Quorn pie, carrots, string beans and sweet corn	Chilli mixed bean and brown rice with lettuce, tomato and cucumber salad	Sweet and sour mixed beans and noodles with carrots
Desert	Medley of fresh melons	Fruity cones	Peach crumble and fromage frais	Pear with yogurt	Banana, orange and apple
Afternoon snack w/m	Breadsticks, yogurt, banana, orange or apple	Breadsticks, Houmous, cucumber, tomato and carrot sticks	Natural yogurt mint dip with pita bread	Houmous with cucumber and carrot batons	Crackers, cheese and apple chunks
Evening Meal served with water	Chicken pieces, black eye beans with pasta twists + a lentil sauce	Jollof rice carrot sweet corn peas lentil sauce	Veggie meat balls in lentil sauce, spaghetti cue lettuce + tomatoes	Tortilla roll with chicken lettuce, tomatoes, cue and lentil sauce	Lamb and mushroom pie mash potato lettuce tom and carrot
Vegetarian option	Quorn pieces, black eye beans with pasta twists and lentil sauce	As above	Bagel and tinned salmon with salad or egg salad	Tortilla roll with tofu lettuce, tomatoes and cucumber salad with lentil sauce	Butterbean mushroom pie, mash and lettuce, tomato and cucumber salad

- **Menu's are subject to change. Notification will be displayed**
- **Children with dietary requirements will be given a suitable alternative**
- **All Meat is Halal**