






The Orchard Nursery – Three Weekly Menus

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 	Lunch	Tuna and sweetcorn Pasta with garlic bread	Chicken curry, rice, peas and poppadoms	Cheese, ham and vegetable puff pastry pinwheels with baked beans	Beef meatballs in tomato sauce with green beans and potato wedges	Margarita pizza with roasted sweet potato and carrots
	Dessert	Fruit Yoghurts	Homemade banana cake	Orange jelly with mandarins	Strawberry mousse with raspberries.	Melon slices
	Vege Option	Quorn and sweetcorn pasta	Quorn and vegetable curry	Cheese and onion puff pastry pinwheels	Quorn balls	
	Tea	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers
		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK TWO 	Lunch	Vegetable fingers, baked beans and potatoes	Beef bolognese pasta bake with peppers, onions, carrots & courgette & garlic bread	Fish nuggets, croquette potatoes and broccoli	Spanish chicken with peppers, onion and carrot with rice	Butchers sausages with carrot and swede mash, with peas and gravy.
	Dessert	Fruit yoghurt	Raspberry jelly with fruit pieces	Melon slices	Homemade Lemon sponge	Banana mousse and fruit
	Vege Option		Quorn mince bolognese pasta bake with vegetables	Quorn nuggets	Courgette and sweetcorn fritters	Quorn sausages
	Tea	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers
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WEEK THREE 	Lunch	Macaroni cheese with bacon, onions and peppers with garlic bread	Sweet and sour chicken with noodles and prawn crackers	Vegetable cakes in golden breadcrumbs with baked beans and crispy potatoes	Beef Chilli, with rice beans and tortillas	Fishcakes, with cauliflower cheese and peas
	Dessert	Fruit yoghurts	Melon slices	Bananas and custard	Homemade raspberry sponge	Blackcurrant jelly with berries
	Vege Option	Macaroni cheese and Quorn	Quorn sweet and sour		Quorn chilli	Mozzarella roast veg and pesto cakes
	Tea	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers

Water is readily available throughout the day.

A variety of fruits, crackers and rice cakes are offered at morning snack, as well as milk. Diluted fruit juice is offered at afternoon tea.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs .

Foods are an appropriate texture for infants' age (eg pureed, mashed, lumpy, chopped or finger foods)