






# The Orchard Nursery – Three Weekly Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b> 	Lunch	Tuna and sweetcorn pasta with garlic bread	Beef meatballs in tomato & vegetable sauce with potato wedges	Cheese & ham puffs with baked beans	Chicken & veg curry with brown rice & poppadum's	Sausages, new potatoes, carrots with gravy
	Dessert	Fruit Yoghurts	Orange Jelly	Strawberry whip	Banana Loaf	Watermelon slices
	Vege Option	Quorn and sweetcorn pasta	Vegetarian balls	Cheese and roasted vegetable puffs	Quorn & vegetable curry	Quorn sausages
	Tea	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Toast with a selection of toppings, cheese, marmite, cheese spread, pate & mixed fruit salad	Crumpets with a selection of toppings, cheese, marmite and pate & mixed fruit salad
<b>WEEK TWO</b> 	Lunch	Chicken goujons, couscous with grated carrot, peppers & cucumber	Roast chicken, roast potatoes, carrots & gravy	Beef chilli, brown rice & tortillas	Ham, cheese & sweetcorn pasta with garlic bread	Fishcakes, Crispy potatoes & broccoli
	Dessert	Fruit yoghurt	Strawberry jelly	Melon slices	lemon sponge	Apple crumble & custard
	Vege Option	Quorn nuggets	Quorn sausages	Quorn & veg chilli	Cheese & roast veg pasta	Cheese & onion crisp bakes
	Tea	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Crumpets with a selection of toppings, cheese, marmite and pate & fresh fruit salad	Toast with a selection of toppings, cheese, marmite, cheese spread, pate & fresh fruit salad
<b>WEEK THREE</b> 	Lunch	Jacket potatoes, cheese & beans	Bolognese pasta bake with hidden vegetables and garlic bread	Chicken, veg & pearl barley Casserole with Mash potatoes	Fish gratin with broccoli and new potatoes	Spanish chicken, brown rice & flat bread
	Dessert	Fruit yoghurts	Melon slices	Bananas and custard	Homemade raspberry sponge	Blackcurrant jelly
	Vege Option		Quorn & veg pasta	Cauliflower cheese grills	Mozzarella, mushroom & spinach bakes	Spanish Quorn & veg
	Tea	Toast with a selection of toppings, cheese, marmite, cheese spread, pate & fresh fruit salad	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Crumpets with a selection of toppings, cheese, marmite and pate & fresh fruit salad	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with 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)