






The Orchard Nursery – Three Weekly Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 	Lunch	Tuna and sweetcorn pasta with garlic bread	Margarita pitta pizza slice with herby potatoes and cucumber and peppers	Chicken & vegetable curry with rice & poppadum's	Cottage pie and broccoli	Sausages, baked beans and crispy potatoes
	Dessert	Fruit Yoghurts	Orange Jelly	Watermelon slices	Strawberry whip	Homemade Carrot cake
	Vege Option	Quorn and sweetcorn pasta		Quorn & vegetable curry	Quorn pie	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	Bagels with a selection of toppings, cheese, marmite and pate & mixed fruit salad
		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK TWO 	Lunch	Breaded chicken, couscous with vegetables	Cheese, pepper and sweetcorn pasta with garlic bread	Fish fingers, baked beans, and potatoes	Chicken and vegetable casserole with mini roast potatoes	Meatballs in tomato and basil sauce, with rice and broccoli
	Dessert	Fruit yoghurt	Strawberry jelly	Melon slices	Fruit and ice cream	Banana cake
	Vege Option	Quorn nuggets		Vegetable fingers	Vegetable sweet and sour	Quorn balls
	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
		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK THREE 	Lunch	Jacket potatoes, cheese & beans	Chilli con carne, rice and tortillas	Roast chicken, vegetables, and potatoes	Fish cakes with broccoli and new potatoes	Spanish chicken, rice and pitta bread
	Dessert	Melon slice	Fruity Jelly	Fruit yoghurt	Fruit and custard	Raspberry sponge
	Vege Option		Quorn chilli	Quorn pieces	Mozzarella, mushroom & spinach bakes	Quorn Spanish chicken
	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	bagels 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)