**Angels Nursery Spring Menu Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(& mid-morning snack all served with milk) | Assorted cereals, Grapes, Apple & BananaMilk(G DA) | Assorted cereals,Melon & MangoMilk(G DA) | Assorted cereals,Pear & BananaMilk(G DA) | Assorted cereals,Grapes, Apple & BananaMilk(G DA) | Assorted cereals,Oranges & PineappleMilk(G DA) |
| LUNCHserve with water | STARTER | Carrot, Sultana & Apple Salad with homemade coleslaw(E) |  | Tomato soup with crusty bread(G) |  | Hummus with pitta(G) |
| LUNCH | Sweet & sour chicken with mixed vegetables served with brown rice(G)  | Vegetable risotto served with broccoli & sweetcorn(G) | Lasagne served with garlic bread and mixed salad(G DA) | Salmon & sweetcorn pasta served with roasted vegetables(G F DA) | Pizza Hawaiian served with potato wedges, peas or salad(G DA)  |
| VEGETARIAN OPTION | Quorn sweet & sour served with brown rice(G) | As above | Quorn lasagne(G DA) | Quorn & sweetcorn pasta(G DA) | As above |
| DESSERT |  | Ginger and lime sponge with custard(G E DA) |  | Apricot flapjack(G SY SU) |  |
| TEA (Served with milk or water)Children’s choice | Assorted sandwichesGreen pepper, carrot & celery cruditiesVegetarian option(G E DA F CE) | Pilchard & Cream cheese potato skins & cucumber sticksVegetarian option(DA F) | Assorted sandwichesCucumber, tomato & red pepper cruditiesVegetarian option(G E DA F) | Ploughman’s Lunch with pickle & home-made bread Vegetarian option(G DA) | Assorted sandwichesCucumber, tomato & yellow pepper cruditiesVegetarian option(G E DA F) |

MARCH-APRIL-MAY

**Allergy reference**

 G – gluten SF - shell fish (Crustaceans and Molluscs) E – egg F – fish N – nuts PN – peanuts SY – soya DA – dairy

CE - celery MU - mustard SE – sesame SU – sulphites LU – lupin

**Angels Nursery Spring Menu Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(& mid-morning snack all served with milk) | Assorted cereals,Melon & MangoMilk (G DA) | Assorted cereals,Pears & OrangesMilk(G DA) | Assorted cereals, Grapes, Apple & BananaMilk(G DA) | Assorted cereals,Orange & PineappleMilk(G DA) | Assorted cereals,Grapes, Apple & BananaMilk(G DA) |
| LUNCHserve with water | STARTER |  | Red lentil and sweet potato pate served on crackers(G) |  | Tomato bruschetta(G) |  |
| LUNCH | Spaghetti carbonara(G DA) | Shepherd’s pie served with roast potatoes and diced carrots and swede(G)  | Lamb & apricot curry served with brown rice(G SU) | Homemade mackerel or salmon fishcakes served with egg & bean salad with curried mayonnaise dressing(E F MU) | Roast turkey served with mashed potatoes, peas and carrots(G DA) |
| VEGETARIAN OPTION | Spaghetti, no meat carbonara(G DA) | No meat shepherd’s pie served with roast potatoes and diced carrots and swede(G) | Roast Quorn & apricot curry served with brown rice(G) | Homemade potato & herb cakes served with bean salad(G) | Quorn roast served with mashed potatoes, peas and carrots(G DA)  |
| DESSERT | Fruit & ice cream(DA) |  | Chocolate zucchini cake(G E) |  | Yoghurt crunch(G DA) |
| TEA (Served with milk or water)Children’s choice | Tuna, Pilchard & mayo wraps with celery & carrot sticksVegetarian option(G E CE MU F) | Assorted sandwichesCucumber & red pepper cruditiesVegetarian option(G E DA F) | Roasted butternut squash soup with homemade bread(G SY SE) | Assorted sandwichesCucumber, tomato & yellow pepper cruditiesVegetarian option(G E DA F) | Assorted sandwichesCucumber & tomato cruditiesVegetarian option(G E DA F) |

MARCH-APRIL-MAY

**Allergy reference**

 G – gluten SF - shell fish (Crustaceans and Molluscs) E – egg F – fish N – nuts PN – peanuts SY – soya DA – dairy

CE - celery MU - mustard SE – sesame SU – sulphites LU – lupin

**Angels Nursery Spring Menu Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(& mid-morning snack all served with milk) | Assorted cereals,Pear, apple & bananaMilk (G DA) | Assorted cereals,Grapes,Pears & OrangesMilk(G DA) | Assorted cereals, melon & mangoMilk(G DA) | Assorted cereals,Grapes, apple & bananaMilk(G DA) | Assorted cereals,Melon & pineappleMilk(G DA) |
| LUNCHserve with water | STARTER | Quorn & vegetable couscous(G) |  | Carrot & lentil soup with crusty bread(G) |  | Tortilla & sweetcorn salsa(G) |
| LUNCH | Mediterranean couscous(G) | Pea & ham risotto(G) | Pilchard & vegetable lasagne served with carrots & green beans(G F DA) | Sweet potato & chick pea cassoulet served with cauliflower(G) | Chilli con carne served with brown rice(G) |
| VEGETARIAN OPTION | As above | Pea & Quorn risotto (G) | Vegetable lasagne served with carrots & green beans(G DA) | As above | Quorn chilli con carne served with brown rice(G) |
| DESSERT |  | Apricot & orange homemade rice pudding(DA) |  | Rhubarb & apple crumble with cream(G DA) |  |
| TEA (Served with milk or water)Children’s choice | Assorted sandwichesGreen pepper, carrot & celery cruditiesVegetarian option(G E CE DA F) | Curried cauliflower & carrot soup with beetroot bread(G SY DA SU) | Assorted sandwichesCucumber & tomato cruditiesVegetarian option(G E DA F) | Assorted sandwichesred pepper, carrot & celery cruditiesVegetarian option(G E DA F CE) | Pilchard pate with pitta fingers and tomato wedges Vegetarian option(G DA F) |

MARCH-APRIL-MAY

**Allergy reference**

 G – gluten SF - shell fish (Crustaceans and Molluscs) E – egg F – fish N – nuts PN – peanuts SY – soya DA – dairy

CE - celery MU - mustard SE – sesame SU – sulphites LU – lupin

**Angels Nursery Spring Menu Week 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(& mid-morning snack all served with milk) | Assorted cereals,Pear, apple & bananaMilk (G DA) | Assorted cereals,Melon & OrangesMilk(G DA) | Assorted cereals, Pear & bananaMilk(G DA) | Assorted cereals,Melon & mangoMilk(G DA) | Assorted cereals,Pear, apple & pineppleMilk(G DA) |
| LUNCHserve with water | STARTER |  | Avocado & cottage/cream cheese pitta(G DA) |  | Butternut squash, sweet potato spice dip(SU) |  |
| LUNCH | Sweet potato fish pie served with carrots & peas(G SU F SF DA) | Chicken, leek & mushroom bake served with brown rice (G DA)  | Seasonal vegetable curry served with couscous(G SU) | Spaghetti bolognaise served with garlic bread(G) | Cheese & tomato quiche served with salad(G E DA) |
| VEGETARIAN OPTION | Sweet potato Quorn pie served with carrots & peas(G SU DA) | Quorn, leek & mushroom bake served with brown rice (G DA) | As above | Spaghetti with Quorn bolognaise served with garlic bread(G) | Vegetarian quiche served with salad(G E DA) |
| DESSERT | Fresh fruit & jelly |  | Banana & sultana slice(DA E G) |  | Chocolate avocado pudding with lemon sauce |
| TEA (Served with milk or water)Children’s choice | Mixed vegetable pasta with cream sauce(G DA) | Assorted sandwichesCucumber & red pepper cruditiesVegetarian option(G E DA F) | Assorted sandwichesCucumber & tomato cruditiesVegetarian option(G E DA F) | Beans with homemade soda bread(G DA) | Assorted sandwichesCucumber & yellow pepper cruditiesVegetarian option(G E DA F) |

MARCH-APRIL-MAY

**Allergy reference**

 G – gluten SF - shell fish (Crustaceans and Molluscs) E – egg F – fish N – nuts PN – peanuts SY – soya DA – dairy

CE - celery MU - mustard SE – sesame SU – sulphites LU – lupin