**Angels Nursery Spring Menu Week 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST  (& mid-morning snack all served with milk) | | Assorted cereals, Grapes, Apple & Banana  Milk  (G DA) | Assorted cereals,  Melon & Mango  Milk  (G DA) | Assorted cereals,  Pear & Banana  Milk  (G DA) | Assorted cereals,  Grapes, Apple & Banana  Milk  (G DA) | Assorted cereals,  Oranges & Pineapple  Milk  (G DA) |
| LUNCH  serve 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 sandwiches  Green pepper, carrot & celery crudities  Vegetarian option  (G E DA F CE) | Pilchard & Cream cheese potato skins & cucumber sticks  Vegetarian option  (DA F) | Assorted sandwiches  Cucumber, tomato & red pepper crudities  Vegetarian option  (G E DA F) | Ploughman’s Lunch with pickle & home-made bread  Vegetarian option  (G DA) | Assorted sandwiches  Cucumber, tomato & yellow pepper crudities  Vegetarian 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 & Mango  Milk  (G DA) | Assorted cereals,  Pears & Oranges  Milk  (G DA) | Assorted cereals, Grapes, Apple & Banana  Milk  (G DA) | Assorted cereals,  Orange & Pineapple  Milk  (G DA) | Assorted cereals,  Grapes, Apple & Banana  Milk  (G DA) |
| LUNCH  serve 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 sticks  Vegetarian option  (G E CE MU F) | Assorted sandwiches  Cucumber & red pepper crudities  Vegetarian option  (G E DA F) | Roasted butternut squash soup with homemade bread  (G SY SE) | Assorted sandwiches  Cucumber, tomato & yellow pepper crudities  Vegetarian option  (G E DA F) | Assorted sandwiches  Cucumber & tomato crudities  Vegetarian 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 & banana  Milk  (G DA) | Assorted cereals,  Grapes,Pears & Oranges  Milk  (G DA) | Assorted cereals,  melon & mango  Milk  (G DA) | Assorted cereals,  Grapes, apple & banana  Milk  (G DA) | Assorted cereals,  Melon & pineapple  Milk  (G DA) |
| LUNCH  serve 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 sandwiches  Green pepper, carrot & celery crudities  Vegetarian option  (G E CE DA F) | Curried cauliflower & carrot soup with beetroot bread  (G SY DA SU) | Assorted sandwiches  Cucumber & tomato crudities  Vegetarian option  (G E DA F) | Assorted sandwiches  red pepper, carrot & celery crudities  Vegetarian 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 & banana  Milk  (G DA) | Assorted cereals,  Melon & Oranges  Milk  (G DA) | Assorted cereals,  Pear & banana  Milk  (G DA) | Assorted cereals,  Melon & mango  Milk  (G DA) | Assorted cereals,  Pear, apple & pinepple  Milk  (G DA) |
| LUNCH  serve 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 sandwiches  Cucumber & red pepper crudities  Vegetarian option  (G E DA F) | Assorted sandwiches  Cucumber & tomato crudities  Vegetarian option  (G E DA F) | Beans with homemade soda bread  (G DA) | Assorted sandwiches  Cucumber & yellow pepper crudities  Vegetarian 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