Angels Nursery Winter menu week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(all served with milk) | Assorted cereals, or porridge Grapes, banana & milk (G DA) | Assorted cereals, or porridge Melon, oranges & milk (G DA) | Assorted cereals, or porridge Pear, banana & milk(G DA) | Assorted cereals, or porridge grapes, apple & milk(G DA) | Assorted cereals, or porridge Kiwi, pineapple & milk (G DA) |
| LUNCH | STARTER |  | Tomato Salsa & tortilla chips(G CE) |  | Bread sticks with spicy yoghurt dip(G DA) |  |
| LUNCH | Salmon & prawn pasta with sweet corn(G F SF DA) | Chicken & mushroom pie with potatoes peas & carrots(G DA) | Irish stew & crusty roll with herby cous cous and broccoli(G CE) | Minced beef Spaghetti bolognaise with garlic bread(G) | Creamy vegetable curry with crème fraiche served with rice(DA CE SU) |
| VEGOPTION | Quorn pasta with sweet corn(G DA SY) | Quorn & mushroom pie with peas & carrots(G DA SY) | Vegetable Irish stew & crusty roll with herby cous cous and broccoli(G CE) | Spaghetti vegetable sauce with garlic bread(G) | Creamy vegetable curry with crème fraiche(DA CE SU) |
| DESSERT | Mixed fruit crumble with custard(G DA) |  | Homemade cookies(G DA E) |  | Carrot cake with cream cheese frosting(G DA E ) |
| TEA(served with milk or water children’s choice) | Assorted sandwiches cucumber & red pepper cruditiesVegetarian options(G E DA F) | Winter vegetable soup with homemade bread(G) | Assorted sandwiches cucumber & tomato cruditiesVegetarian options(G E DA F) | Vegetable pasta bake(G) | Assorted sandwiches cucumber & tomato cruditiesVegetarian options(G E DA F) |

Dec-Jan-Feb

**Allergy Reference** G-gluten SF- Shell Fish (Crustaceans & 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 Winter menu week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(all served with milk) | Assorted cereals, or porridge grapes, apple & banana milk (G DA) | Assorted cereals, or porridge Melon & oranges milk (G DA) | Assorted cereals, or porridge Pear & banana milk(G DA) | Assorted cereals, or porridge grapes, apple & banana milk (G DA) | Assorted cereals, or porridge Kiwi & pineapple milk (G DA) |
| LUNCHServe with water | STARTER |  |  | Fresh melon |  | Leek & potato soup with homemade bread(G) |
| LUNCH | Pizza with broccoli & carrots(G) | Greek style lamb with apricots & coriander cous cous with mixed veg(G) | Lemon & thyme chicken served with mashed potato beans& carrots(G) | chilli con carne served with rice(G) | Spinach & courgette lasagne(G DA) |
| VEGOPTION | As above(G) | Meat free version of above(G SY) | Lemon & thyme Soya served with mashed potato beans & carrots(G SY) | Meat free chilli con carne served with rice(G SY) | As above(G DA) |
| DESSERT | Yoghurt with fruit compote(DA) | Traditional rice pudding(G DA) |  | Chocolate sponge with custard(G DA) |  |
| TEA(served with milk or water children’s choice) | Jacket potato with beans(G) | Assortedsandwiches cucumber & red pepper crudities(G E DA F) | Red pepper dip with pitta fingers(G) | Assorted sandwiches pepper carrot & celeryCrudities(G E DA F) | Assorted sandwiches cucumber, tomato & yellow pepper crudities(G E DA F) |

Dec-Jan-Feb

**Allergy Reference** G-gluten SF- Shell Fish (Crustaceans & 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 Winter menu week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(all served with milk) | Assorted cereals, or porridge grapes, apple & milk(G DA) | Assorted cereals, or porridge Melon, oranges & milk(G DA) | Assorted cereals, or porridge Pear, banana & milk(G DA) | Assorted cereals, or porridge Grapes, banana & milk(G DA) | Assorted cereals, or porridge Kiwi, pineapple & milk(G DA) |
| LUNCH | STARTER | Bread sticks & cheesy dip(G DA) |  | Creamy garlic mushrooms(G DA) |  |  |
| LUNCH | Pasta with ham, leeks & broccoli in a crème fraiche sauce(G DA) | Crispy vegetable layer bake with mashed potato & green beans(G DA) | `Malaysian beef curry with rice(G) | Fish cakes with linguini pasta & mixed vegetables(G F) | Lamb casserole with herby dumplings & potatoes(G) |
| VEGOPTION | Pasta, leeks & broccoli in a crème fraiche sauce(G) | As above(G SY) | `Malaysian soya curry with rice(G SY DA) | Vegetable cakes with linguini pasta & mixed vegetables(G SY) | Soya casserole with herby dumplings(G) |
| DESSERT |  | Chocolate & banana fool(G DA) |  | Apple crumble with custard(G DA) | Sour cream rhubarb square(G DA) |
| TEA(served with milk or water children’s choice) | Assorted sandwiches green pepper, carrot & celery crudities(G E DA F) | Winter lentil soup with warm crusty bread(G) | Assorted sandwiches cucumber, tomato & yellow pepper crudities(G E DA F) | Assorted sandwiches pepper carrot & celeryCrudities(G E DA F) | Red pepper dip with pitta fingers(G E DA F) |

Dec-Jan-Feb

**Allergy Reference** G-gluten SF- Shell Fish (Crustaceans & molluscs) E-egg F-fish N- nuts PN – peanuts SY soya DA- dairy CE- celery MU- mustard

SE- sesame SU- sulphites LU- lupi

 Angels Nursery Winter menu week 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST(all served with milk) | Assorted cereals, or porridge grapes, apple & banana milk (G DA) | Assorted cereals, or porridge Melon & oranges milk (G DA) | Assorted cereals, or porridge Pear & banana milk (G DA) | Assorted cereals, or porridge grapes, apple & banana milk (G DA) | Assorted cereals, or porridge Kiwi & pineapple milk (G DA) |
| LUNCHServe with water | STARTER | Hummous with pitta fingers (G DA) |  |  | Celery & potato soup with warm crusty bread (G DA) |  |
| LUNCH | Salmon & prawn Fish pie with peas & sweet corn(G SF F DA) | Creamy chicken carbonara with pasta | Smoky sweet potato chilli served with rice and yoghurt | Pasta bolognaise with spinach & hidden vegetable sauce | Winter vegetable & lentil casserole with mashed potatoes |
| VEGOPTION |  Vegetable & soya pie with peas & sweet corn | Creamy soya chicken carbonara with pasta  | As above | Pasta bolognaise with spinach & hidden vegetable sauce | As above  |
| DESSERT |  | Chocolate & prune refridgerator bar | Lemon drizzle cake (G E) |  | Home made cookie(G) |
| TEA(served with milk or water children’s choice) | Cheesy dip with tortilla chips/bread (G E CE MU F) | Assortedsandwiches cucumber & red pepper crudities(G E DA F) | Baked macaroni cheese (G E DA F) | Jacket potato and beans served with salad(G E DA F) | Assorted sandwiches cucumber, tomato & yellow pepper crudities(G E DA F) |

Dec- Jan-Feb

**Allergy Reference** G-gluten SF- Shell Fish (Crustaceans & molluscs) E-egg F-fish N- nuts PN – peanuts SY soya DA- dairy CE- celery MU- mustard SE- sesame SU- sulphites LU- lupin