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) |
| VEG  OPTION | 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 crudities  Vegetarian options  (G E DA F) | Winter vegetable soup with homemade bread  (G) | Assorted sandwiches cucumber & tomato crudities  Vegetarian options  (G E DA F) | Vegetable pasta bake  (G) | Assorted sandwiches cucumber & tomato crudities  Vegetarian 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) |
| LUNCH  Serve 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) |
| VEG  OPTION | 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) | Assorted  sandwiches cucumber & red pepper crudities  (G E DA F) | Red pepper dip with pitta fingers  (G) | Assorted sandwiches pepper carrot & celery  Crudities  (G E DA F) | Assorted sandwiches cucumber, tomato & yellow pepper crudities  (G E DA F) |

Dec-Jan-Feb

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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) |
| VEG  OPTION | 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 & celery  Crudities  (G E DA F) | Red pepper dip with pitta fingers  (G E DA F) |

Dec-Jan-Feb

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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) |
| LUNCH  Serve 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 |
| VEG  OPTION | 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) | Assorted  sandwiches 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