

# NORTH STAR NURSERY SUMMER MENU

Dishes in red contain meat/fish/gelatine  
Dishes in green are vegetarian

## MENU 1

DAY	LUNCH	AFTERNOON TEA
<b>Monday</b>	Whole wheat macaroni cheese with carrots and courgette  Yoghurt and honey	Hot dogs with onions and ketchup  Fruit
<b>Tuesday</b>	Quiche with potatoes and vegetables/side salad  Fruit flan and evaporated milk	Beans on toast  Fruit
<b>Wednesday</b>	Roast turkey/chicken with boiled potatoes, roast parsnips and carrots  Tropical fruit salad	Sandwiches, cheese scones and cherry tomatoes  Fruit
<b>Thursday</b>	Vegetable casserole and rice  Lemon crunch	Tuna pasta salad  Weetabix loaf and fruit
<b>Friday</b>	Cod in white sauce, tagliatelle and mixed vegetables  Bread and butter pudding	Crackers with cheese and pickle, crudités  Fruit

## MENU 2

DAY	LUNCH	AFTERNOON TEA
<b>Monday</b>	Fish fingers, potatoes and baked beans  Rice pudding and jam	Pitta pockets  Fruit
<b>Tuesday</b>	Chicken korma with rice  Fruit jelly and ice cream	Jacket potato with tuna and cucumber  Fruit
<b>Wednesday</b>	Beef cottage pie with mixed vegetables  Pineapple upside down pudding and evaporated milk	Spaghetti hoops with toast  Fruit
<b>Thursday</b>	Soya meatballs with whole wheat spaghetti  Fruit and custard	Fajitas (chicken)  Fruit
<b>Friday</b>	Sausage plait with broccoli and new potatoes  Blueberry crumble and ice cream	Sandwiches  Fruit

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### MENU 3

DAY	LUNCH	AFTERNOON TEA
Monday	<p style="color: red;">Ham, green beans and peas with roast potatoes</p> <p style="color: green;">Yoghurt and honey</p>	<p style="color: green;">Savoury scones, cheese and cucumber</p> <p style="color: green;">Fruit</p>
Tuesday	<p style="color: red;">Fish pie with carrot and swede</p> <p style="color: green;">Apple strudel with evaporated milk</p>	<p style="color: green;">Ploughman's tea</p> <p style="color: green;">Fruit</p>
Wednesday	<p style="color: green;">Vegetable lasagne with peas and sweetcorn</p> <p style="color: green;">Banana split</p>	<p style="color: green;">Jacket potato with baked beans</p> <p style="color: green;">Fruit</p>
Thursday	<p style="color: red;">Sausages, chips and spaghetti rings</p> <p style="color: green;">Fruit sundae</p>	<p style="color: green;">Cheese on toast with salsa</p> <p style="color: green;">Fruit</p>
Friday	<p style="color: green;">Soya chilli con carne with rice</p> <p style="color: red;">Pancakes, berries and honey</p>	<p style="color: green;">Cauliflower and broccoli bake</p> <p style="color: green;">Fruit</p>

### MENU 4

DAY	LUNCH	AFTERNOON TEA
Monday	<p style="color: green;">Canelloni filled with soya mince in a tomato sauce</p> <p style="color: green;">Fruit puree and ice cream</p>	<p style="color: green;">Potato / sweet potato wedges with cheese and coleslaw</p> <p style="color: green;">Fruit</p>
Tuesday	<p style="color: red;">Lamb casserole with rice</p> <p style="color: green;">Semolina and fruit puree</p>	<p style="color: red;">Tuna pasta bake</p> <p style="color: green;">Fruit</p>
Wednesday	<p style="color: red;">Fish in breadcrumbs, boiled potatoes, peas and carrots</p> <p style="color: green;">Cold fruit pie with evaporated milk or custard</p>	<p style="color: green;">Ravioli on toast</p> <p style="color: green;">Fruit</p>
Thursday	<p style="color: green;">Vegetable layer bake with salad</p> <p style="color: green;">Strawberry dessert</p>	<p style="color: red;">Sausage rolls and veggie puffs with crudites</p> <p style="color: green;">Fruit</p>
Friday	<p style="color: red;">Turkey chow mein with noodles</p> <p style="color: green;">Fruit cocktail and yoghurt</p>	<p style="color: green;">Sandwiches</p> <p style="color: green;">Chocolate cake Fruit</p>