

NORTH STAR NURSERY

WINTER MENU

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

MENU 1

DAY	LUNCH	AFTERNOON TEA
Monday	Grilled pork sausages with creamed potato, peas, carrots and gravy Yoghurt	Beans on toast Fruit
Tuesday	Beef cottage pie with mixed vegetables Spotted dick and custard	Whole wheat macaroni cheese Fruit
Wednesday	Roast turkey/chicken with boiled potatoes, green beans and roast parsnips Fresh fruit salad and meringue	Pitta pockets Carrot cake, fruit
Thursday	Fish in sauce on tagliatelli with mixed vegetables Seasonal fruit crumble and ice cream	Leek and potato soup with homemade bread rolls Fruit
Friday	Vegetable madras curry, cous cous and popadums Banana custard	Jacket potato with tuna and sweetcorn Fruit

MENU 2

DAY	LUNCH	AFTERNOON TEA
Monday	Fish fingers, chips and baked beans Rice pudding and jam	Minestrone soup with bread selection Banana cake Fruit
Tuesday	Chicken pie, carrots, croquet potatoes and seasonal vegetables Jelly and ice cream	Spaghetti on toast Fruit
Wednesday	Vegetable mince pasta supreme with cabbage and broccoli Yoghurt	Jacket potato with tuna and cucumber Fruit
Thursday	Toad in the hole with creamed potato, peas, green beans and gravy Fruit flan and evaporated milk or custard	Sandwiches with mixed savoury fillings, cheese and marmite straws Fruit
Friday	Vegetable stew with dumpling potatoes Apple tart and custard	Crumpets or muffins Fruit

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MENU 3

DAY	LUNCH	AFTERNOON TEA
Monday	Cold ham with roast potatoes, green beans and peas Yoghurt and honey	Savoury sandwiches and pizza Fruit
Tuesday	Fish pie with ratatouille, carrot and swede Jam tart and custard	Sausage rolls, vegetable puffs and crudites Fruit
Wednesday	Vegetable lasagne with peas and sweetcorn Semolina and fruit puree	Chicken or vegetable soup with bread Fruit
Thursday	Chilli con carne made with soya mince served on a bed of rice Trifle	Cheese toasties Fruit
Friday	Sausages, baked beans and creamed potato Fruit salad	Cauliflower and broccoli cheese Flapjack with seeds Fruit

MENU 4

DAY	LUNCH	AFTERNOON TEA
Monday	Spaghetti bolognese made with soya mince Fruit cocktail and yoghurt	Jacket potato with cheese Fruit
Tuesday	Sausage casserole with peas, sweetcorn and potato croquets Tapioca and fruit puree	Soup and bread Fairy cakes, fruit
Wednesday	Homemade fish cakes with roasted vegetables Seasonal fruit pie with evaporated milk	Savoury sandwiches Dips and tortillas Fruit
Thursday	Roast beef with creamed potato, carrots and cauliflower Mousse and shortbread	Quiche and crudites Fruit
Friday	Vegetable bake with peas and sweetcorn Chocolate sponge and custard	Ravioli on toast Fruit