

NORTH STAR NURSERY SUMMER MENU

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

MENU 1

DAY	LUNCH	AFTERNOON TEA
Monday	Whole wheat macaroni cheese with carrots and courgette Yoghurt and honey	Hot dogs with onions and ketchup Fruit
Tuesday	Quiche with potatoes and vegetables/side salad Fruit flan and evaporated milk	Beans on toast Fruit
Wednesday	Roast turkey/chicken with boiled potatoes, roast parsnips and carrots Tropical fruit salad	Sandwiches, cheese scones and cherry tomatoes Fruit
Thursday	Vegetable casserole and rice Lemon crunch	Tuna pasta salad Weetabix loaf and fruit
Friday	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
Monday	Fish fingers, potatoes and baked beans Rice pudding and jam	Pitta pockets Fruit
Tuesday	Chicken korma with rice Fruit jelly and ice cream	Jacket potato with tuna and cucumber Fruit
Wednesday	Beef cottage pie with mixed vegetables Pineapple upside down pudding and evaporated milk	Spaghetti hoops with toast Fruit
Thursday	Soya meatballs with whole wheat spaghetti Fruit and custard	Fajitas (chicken) Fruit
Friday	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;">Cauliflower and broccoli bake</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;">Savoury scones, cheese and cucumber</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>