



# YOUR MENU @

**REBECCA CHEETHAM  
NURSERY**

----- Spring - Summer 2023 -----

WEEK 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Sweet Chilli Veggie 'Plantballs' with Rice <small>ND</small> <small>V</small>	Lamb & Lentil Lasagne with Garlic Slice	Roast Chicken & Stuffing with Roast Potatoes	Pasta Bolognese Bake with Focaccia Slice	Fish in Batter served with Jacket Wedges
Vegetarian Choice	Quorn Dippers with Sweet & Sour Sauce & Egg Noodles <small>V</small>	Veggie Keema with Rice & Naan <small>V</small>	Roast Vegetable Tart with Roast Potatoes <small>V</small>	The 'Vegan' Burger with Salad & Vegan Mayo <small>FGR</small> <small>PB</small>	Pizza Slice with Jacket Wedges <small>V</small>
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ripple Ice Cream Sponge Roll	Frozen Yoghurt served with Fruit Salad	Apple Crumble with Vanilla Ice Cream <small>SS</small>	Peach Melba Cake with Custard <small>SS</small>	Belgian Waffle with Fruit Salad
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

**WEEK 1**

17 APR, 8 MAY, 5 JUN, 26 JUN, 17 JUL, 4 SEPT, 25 SEP, 16 OCT

**Meat Served at this School is Halal**

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart  
ND - New Dish FGR - In association with Forest Green Rovers

Eat for Free Scheme funded by



**DINEin**  
AND DISCOVER



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NURSERY**

----- Spring - Summer 2023 -----

WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	BBQ Quorn Pasta Bake <span>V</span>	Baked Sausages with Mashed Potatoes	Roast Turkey & Yorkshire Pudding With Roast Potatoes	Lamb & Vegetable Jolloff Rice	Fish Fingers with Jacket Wedges
Vegetarian Choice	Quorn Frankfurter Hot Dog with Herby Diced Potatoes <span>V</span>	Cheese & Potato Pie <span>V</span>	Veggie 'Toad in the Hole' with Roast Potatoes <span>V</span>	Moroccan Style Vegan Tagine with Couscous <span>PB</span>	Veggie Pattie Muffin with Jacket Wedges <span>V</span>
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Apple & Carrot Cake with Custard <span>ND</span> <span>SS</span>	Chocolate Sponge Slice with Custard <span>SS</span>	Jelly with Summer Fruit	Strawberry Yoghurt Cake with Custard <span>SS</span>	Black Forest Slice with Ice Cream <span>SS</span>
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

**WEEK 2**

24 APR, 15 MAY, 12 JUN, 3 JUL, 11 SEPT, 2 OCT

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**REBECCA CHEETHAM  
NURSERY**

----- Spring - Summer 2023 -----

**WEEK 3**

**Meat Free  
Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Choice**

**Mac 'n' Cheese with  
Focaccia Slice**

**V**

**Chicken Burger  
in a Bun with  
Herby Diced Potatoes**

**BBQ Chicken with  
New Potatoes**

**Jerk Spiced Chicken  
with Rice & Peas**

**Fish Fingers  
with Chips**

**Vegetarian Choice**

**Mixed Bean Wrap  
with Rice**

**PB**

**Jacket Potato with  
Cheese & Beans**

**V**

**Veggie Cassoulet  
with New Potatoes**

**ND**

**V**

**Southern Style Burger  
in a Roll with  
Jacket Wedges**

**V**

**Veggie Sausage Roll  
with Chips**

**PB**

**Vegetable Selection**

**Sweetcorn  
Fresh Broccoli**

**Green Beans  
Fresh Carrots**

**Seasonal Fresh  
Vegetables**

**Plantain  
Sweetcorn**

**Garden Peas  
Baked Beans**

**Dessert of the Day**

**Fruity Flapjack**

**SS**

**Lemon & Lime  
Cheesecake**

**ND**

**Frozen Fruit  
Smoothie**

**Sticky Mandarin**

**SS**

**Sponge with Ice Cream**

**Chocolate  
Shortbread**

**SS**

**Daily Options**

**Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt**

**WEEK 3**

**1 MAY, 22 MAY, 19 JUN, 10 JUL, 18 SEPT, 9 OCT**

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# REBECCA CHEETHAM NURSERY BREAKFAST MENU

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Toast with butter	Toast with butter	Teas cakes	Crumpets	Toast with butter
	Selection of cereal (Porridge, Weetabix, rice kirspies, shreddies)				

## REBECCA CHEETHAM NURSERY TEAS MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Scrambled eggs and salad with wholemeal bread	Tomato soup served with croutons	Vegetarian cheese sandwiches served with fresh salad	Fish fingers with baked beans and wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks
	Fresh fruit and yoghurt will be available				

WEEK 1: 17 APR, 8 MAY, 5 JUN, 26 JUN, 17 JUL, 4 SEPT, 25 SEP, 16 OCT

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Easy oven frittata with a salad in olive oil and lemon juice dressing	Vegetable soup with croutons	Fusilli pasta with tuna, cucumber and sweetcorn and cheese	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Rolls with melted cheese and sweetcorn with salad
	Fresh fruit and yoghurt will be available				

WEEK 2: 24 APR, 15 MAY, 12 JUN, 3 JUL, 11 SEPT, 2 OCT

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fish fingers with baked beans and wholemeal bread	Tomatoe soup with croutons	Tuna/cream cheese with bagels	Pita bread served with humus, carrots, tomatoes and cucumber sticks	Scrambled eggs and salad with wholemeal bread
	Fresh fruit and yoghurt will be available				

WEEK 3: 1 MAY, 22 MAY, 19 JUN, 10 JUL, 18 SEPT, 9 OCT

### TEA MENU DATES

WEEK 1: 17 APR, 8 MAY, 5 JUN, 26 JUN, 17 JUL, 4 SEPT, 25 SEP, 16 OCT

WEEK 2: 24 APR, 15 MAY, 12 JUN, 3 JUL, 11 SEPT, 2 OCT

WEEK 3: 1 MAY, 22 MAY, 19 JUN, 10 JUL, 18 SEPT, 9 OCT

SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cucumber sticks with houmous	Carrot sticks & Yogurt	Rice cakes with Philadelphia	Breadsticks with houmous	Rice cakes with Philadelphia
	Fresh fruit				