



YOUR MENU @

**REBECCA
CHEETHAM
NURSERY**

1st November 2021 to 1st April 2022

Meat Free

WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Choice

**Veggie Burger in Bun
served with Salad
& Jacket Wedges**

**Lasagne (Lamb)
served with
a Garlic Slice**

**Roast Chicken &
Stuffing served with
Roast Potatoes**

**Lamb Tikka Masala
served with Rice**

**Peri Peri Chicken
served with Chips**

Second Choice

**Quorn & Pepper Fajita
with Jacket Wedges**

**Veggie Sausage
'Toad in the Hole' with
Mashed Potatoes**

**Butternut Squash &
Spinach Tart with
Roast Potatoes**

**Home-made Pizza with
Olives & Tomato**

**Loaded Jacket
Potatoes served with
Veggie Fillings**

Extra Choice

Vegetable Selection

**Fresh Broccoli
Sweetcorn**

**Fresh Carrots
Garden Peas**

**Fresh Seasonal
Vegetables**

**Sweetcorn
Green Beans**

**Garden Peas
Baked Beans**

Dessert of the Day

**Peach Crumble
served with
Custard**

**Sweet Potato Slice
served with Ice Cream**

Banana Flapjack

**Chocolate Sponge with
Chocolate Custard**

Fruit, Jelly & Ice Cream

Daily Options

Salad Bar / Deli Options / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt / Cheese & Biscuits

WEEK 1

Beginning: 1 Nov, 22 Nov, 13 Dec, 3 Jan, 24 Jan, 21 Feb, 14 Mar

Eat for Free Scheme funded by

Newham London



Meat served at this school is Halal

KEY:



- Plant Based



- Sugar Smart



- New Dish

DINEin
AND DISCOVER



YOUR MENU @

**REBECCA
CHEETHAM
NURSERY**

1st November 2021 to 1st April 2022

Meat Free

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main Choice

**'New York' Style
Plantballs served with
Penne Pasta**

**Jollof Rice served with
Lamb & Vegetables**

**Roast Turkey served
with Yorkshire Pudding
& Roast Potatoes**

**Greek Style Souvlaki
Chicken served with
Rice**

**Fish in Batter
served with
Jacket wedges**

Second Choice

**Sweet Potato Macaroni
Cheese with Focaccia**

**Quorn Katsu Curry
served with Coriander
Rice**

**'Sweet Carolina' Veggie
Burger in Wholemeal
Bun**

**Ratatouille Raviolini
with Tomato
& Lentil Ragu**

**Veggie Sausage Roll
served with
Jacket Wedges**

Extra Choice

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Vegetable Selection

**Fresh Broccoli
Mixed Vegetables**

**Sweetcorn
Fresh Carrots**

**Fresh Seasonal
Vegetables**

**Sweetcorn
Green Beans**

**Peas
Baked Beans**

Dessert of the Day

**Frozen Yoghurt
with Fruit**

ND

**Raspberry Marble Cake
with Custard**



Chocolate Cheesecake

**Lemon & Courgette
Cake with Custard**



**Waffles with Fruit
& Ice Cream**

Daily Options

Salad Bar / Deli Options / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt / Cheese & Biscuits

WEEK 2

Beginning: 8 Nov, 29 Nov, 20 Dec, 10 Jan, 31 Jan, 28 Feb, 21 Mar



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KEY: - Plant Based - Sugar Smart - New Dish

DINEin
AND DISCOVER



YOUR MENU @

**REBECCA
CHEETHAM
NURSERY**

1st November 2021 to 1st April 2022

Meat Free					
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Spiced Veggie Keema served with Raita & Naan Bread	Baked Sausages served with Mashed Potatoes	Roast Lamb served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie served with Baby Baked Potatoes	Fish Fingers served with Jacket Wedges
Second Choice	Oriental Quorn & Vegetable Stir Fry with Egg Noodles	Vegetable Biryani served with Dhal	Moroccan Style Vegan Tagine served with Couscous	Florentine Mixed Bean Pasta Bake	Vegetable & Lentil Lasagne with Wedges
Extra Choice					
Vegetable Selection	Mixed Vegetables Garden Peas	Sweetcorn Fresh Broccoli	Fresh Seasonal Vegetables	Green Beans Fresh Carrots	Baked Beans Garden Peas
Dessert of the Day	Apple & Blackberry Crunch served with Ice Cream	Peach Melba Pudding with Custard	Chocolate & Mandarin Mousse	Sticky Ginger Sponge with Custard	Raspberry Ice Cream Sponge Roll
Daily Options	Salad Bar / Deli Options / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt / Cheese & Biscuits				

WEEK 3

Beginning: 15 Nov, 6 Dec, 17 Jan, 7 Feb, 7 Mar, 28 Mar

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DINEin
AND DISCOVER

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 kirsphies, shreddie)s				

REBECCA CHEETHAM NURSERY TEAS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambled eggs and salad with wholemeal bread	Tomato soup served with croutons tossed in olive oil and black pepper	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Fish fingers with baked beans and wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip
Fresh fruit and yoghurt will be available				
Week 1: 1 Nov, 22 Nov, 13 Dec, 3 Jan, 24 Jan, 21 Feb, 14 Mar				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Easy oven frittata with a salad in olive oil and lemon juice dressing	Vegetable soup with French bread	Fusili 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: 8 Nov, 29 Nov, 20 Dec, 10 Jan, 31 Jan, 28 Feb, 21 Mar				

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish fingers with baked beans and wholemeal bread	Carrot and Corriander soup with french bread	Salmon salad with bagels	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip	Scrambled eggs and salad with wholemeal bread
Fresh fruit and yoghurt will be available				

Week 3: 15 Nov, 6 Dec, 17 Jan, 7 Feb, 7 Mar, 28 Mar

TEA MENU DATES

WEEK 1: 1 Nov, 22 Nov, 13 Dec, 3 Jan, 24 Jan, 21 Feb, 14 Mar
WEEK 2: 8 Nov, 29 Nov, 20 Dec, 10 Jan, 31 Jan, 28 Feb, 21 Mar
WEEK 3: 15 Nov, 6 Dec, 17 Jan, 7 Feb, 7 Mar, 28 Mar

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				