

**Meat Free**

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	'New York' Style Plantballs served with Penne Pasta <small>In Association with Forest Green Rovers</small>	(Homemade) BBQ Chicken Pizza	Roast Chicken with Lemon & Thyme Stuffing served with Roast or New Potatoes	Lamb & Vegetable Jollof Rice	"Catch of the Day" Pollock in Batter served with Lemon Mayo, & Chips
<b>Vegetarian Choice</b>	Veggie Sausage Hot Dog served in Baguette Roll	(Homemade) Mozzarella, Tomato & Basil Pizza	Lentil Roast with Lemon & Thyme Stuffing served with Roast or New Potatoes	Tuscan Mixed Bean Pasta Bake served with Focaccia	Sweet Potato Topped Keema Spiced Vegetarian Shepherd's Pie
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Freshly Baked Apple & Sultana Crunch served with Ice Cream	Strawberry Frozen Yoghurt served with Fruit Salad	Jelly served with Summer Fruits	Freshly Baked St Clements Drizzle Cake Slice	Freshly Baked Black Forest Slice
<b>Daily Options</b>	Salad Bar / Deli Options / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt / Cheese & Biscuits				

**WEEK 1** 19 Apr, 10 May, 7 Jun, 28 Jun, 19 Jul, 1 Sep, 20 Sep, 11 Oct

**Meat Free**

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	Greek Style Roast Vegetable Orzo Pasta Bake with Pitta Fingers	BBQ Sausages served with Mashed Potatoes	Roast Turkey, with Yorkshire Pudding served with Roast or New Potatoes	Lasagne with Homemade Garlic Slice	"Catch of the Day" Pollock in Batter served with Jacket Wedges
<b>Vegetarian Choice</b>	Oriental Vegetable & Quorn Stir Fry served with Egg Noodles	Sri Lankan Vegetable & Lentil Curry with Basmati Rice	Feta, Spinach & Red Pepper Whirl served with Roast or New Potatoes	Veggie Keema Naan with Raita	Homemade Pizza* Slice served with Jacket Wedges
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Raspberry Ripple Ice Cream Sponge Roll	Freshly Baked Chocolate Sponge Slice served with Chocolate Custard	Plum Crumble served with Vanilla Ice Cream	Freshly Baked Peach Melba Pudding served with Custard	Belgian Style Waffle served with Fruit Salad
<b>Daily Options</b>	Salad Bar / Deli Options / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt / Cheese & Biscuits				

**WEEK 2** 26 Apr, 17 May, 14 Jun, 5 Jul, 6 Sep, 27 Sep, 18 Oct

**Meat Free**

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Choice</b>	Japanese Quorn Katsu Curry served with Oriental Vegetable Stir Fry & Noodles	Lamb Burger served in a Bun with Salad & Jacket Wedges	Roast Lamb & Yorkshire Pudding served with Roast or New Potatoes & Mint Sauce	Jerk Spiced Chicken served with Rice & Peas	"Catch of the Day" Pollock in Batter served with Chips
<b>Vegetarian Choice</b>	Butternut Squash Mac & Cheese with Rosemary Focaccia	Vegetarian Chilli served with Rice & Salsa	Veggie Sausage 'Toad in the Hole' served with Roast or New Potatoes & Red Onion Gravy	Moroccan Style Vegan Tagine with Couscous	(Homemade) Veggie Sausage Roll served with Chips
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Plantain Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Freshly Baked Banana Flapjack	Freshly Baked Lemon Meringue Sponge Cake	Frozen Fruit Smoothie	Freshly Baked Apricot Crunch Fingers served with Greek Yoghurt	Freshly Baked Chocolate & Beetroot Cake served with Ice Cream
<b>Daily Options</b>	Salad Bar / Deli Options / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt / Cheese & Biscuits				

**WEEK 3** 03 May, 24 May, 21 Jun, 12 Jul, 13 Sep, 4 Oct

Eat for Free Scheme funded by



KEY:



- Plant Based



- Sugar Smart



- New Dish



# REBECCA CHEETHAM NURSERY





# REBECCA CHEETHAM NURSERY BREAKFAST MENU

<b>BREAKFAST</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Toast with butter	Toast with butter	Teas cakes	Crumpets	Toast with butter
	Selection of cereal (Porridge, Weetabix, rice kirsphies, shreddies)				

## REBECCA CHEETHAM NURSERY TEAS MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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: 19 Apr, 10 May, 07 Jun, 28 Jun, 19 Jul, 01 Sep, 20 Sep, 11 Oct				

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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: 26 Apr, 17 May, 14 Jun, 05 Jul, 06 Sep, 27 Sep, 18 Oct				

<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	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: 03 May, 24 May, 21 Jun, 12 Jul, 13 Sep, 04 Oct					

### TEA MENU DATES

**WEEK 1:** 19 Apr, 10 May, 07 Jun, 28 Jun, 19 Jul, 01 Sep, 20 Sep, 11 Oct

**WEEK 2:** 26 Apr, 17 May, 14 Jun, 05 Jul, 06 Sep, 27 Sep, 18 Oct

**WEEK 3:** 03 May, 24 May, 21 Jun, 12 Jul, 13 Sep, 04 Oct