



# YOUR MENU @

**REBECCA CHEETHAM  
NURSERY**

----- Autumn - Winter 2023/24 -----

WEEK 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Veggie Frankfurter Hot Dog with Jacket Wedges	Lamb Lasagne served with Garlic Bread	Roast Chicken & Stuffing served with Roast Potatoes	Cheese & Tomato Pizza	Fish Fingers with Chips
Vegetarian Choice	Vegetarian Pasta & Mixed Bean Bake <span>PB</span>	Vegetarian Lasagne served with Garlic Bread <span>V</span>	Cheese & Leek Flan served with Roast Potatoes <span>ND</span> <span>V</span>	Vegetable & Lentil Curry served with Rice <span>PB</span>	Veggie Dippers with Chips <span>PB</span>
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	<span>ND</span> Banana Slice <span>SS</span> (egg free)	Cinnamon Rice Pudding <span>SS</span>	Apple Crumble with Custard <span>SS</span>	Fruit & Jelly with Ice Cream

Daily Options

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

**WEEK 1**

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

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**

----- Autumn - Winter 2023/24 -----

WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	<b>Oriental Quorn &amp; Vegetable Stir Fry with Egg Noodles</b> <span>V</span>	<b>Chicken Sausages with Mashed Potatoes</b>	<b>Roast Chicken &amp; Yorkshire Pudding with Roast Potatoes</b>	<b>Greek Style Souvlaki Chicken with Rice</b>	<b>Fish Fingers with Jacket Wedges</b>
Vegetarian Choice	<b>Thai Style Veggie Rice Bowl</b> <span>PB</span>	<b>Sweet Potato Macaroni Cheese</b> <span>V</span>	<b>Spinach &amp; Feta Whirl served with Roast Potatoes</b> <span>V</span>	<b>Chickpea &amp; Potato Curry with Rice</b> <span>PB</span>	<b>Vegetarian Sausage Roll with Jacket Wedges</b> <span>V</span>
Vegetable Selection	<b>Sweetcorn Fresh Broccoli</b>	<b>Fresh Carrots Green Beans</b>	<b>Seasonal Fresh Vegetables</b>	<b>Mixed Vegetables Sweetcorn</b>	<b>Garden Peas Baked Beans</b>
Dessert of the Day	<b>Raspberry Ice Cream Sponge Roll</b>	<b>Fruit Pudding &amp; Custard (egg free)</b> <span>ND</span> <span>SS</span>	<b>Pineapple Cheesecake</b> <span>SS</span>	<b>Lemon &amp; Courgette Cake with Custard</b> <span>SS</span>	<b>Waffles with Fruit &amp; Ice Cream</b>

Daily Options

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

**WEEK 2**

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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NURSERY**

----- Autumn - Winter 2023/24 -----

WEEK 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Vegetable Samosa with Rice & Dhal <span>PB</span>	Spaghetti Bolognese with Garlic Bread	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers served with Baked Jacket Wedges
Vegetarian Choice	Mixed Bean Quesadilla <span>V</span>	Veggie Keema served with Raita & Naan Bread <span>V</span>	Sweet Pepper & Feta Frittata with Roast Potatoes <span>V</span>	Veggie & Lentil Pasta Bake <span>PB</span>	Quorn 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	Frozen Yoghurt with Fruit	Carrot Cake (egg free) <span>ND</span> <span>SS</span>	Fruit Smoothie	Chocolate Sponge & Chocolate Custard <span>SS</span>	Strawberry Mousse with Fresh Fruit
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

**WEEK 3**

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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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 krispies, 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: 30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Easy oven frittata with a salad in olive oil and lemon juice dressing	Vegetable soup with croutons	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: 6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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: 13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

### TEA MENU DATES

WEEK 1: 30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR  
 WEEK 2: 6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR  
 WEEK 3: 13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 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				