



# YOUR MENU @

**REBECCA  
CHEETHAM  
NURSERY**

1<sup>st</sup> November 2021 to 1<sup>st</sup> 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**

1<sup>st</sup> November 2021 to 1<sup>st</sup> 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**

ND

**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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- Plant Based



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**DINEin**  
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# YOUR MENU @

**REBECCA  
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NURSERY**

1<sup>st</sup> November 2021 to 1<sup>st</sup> April 2022

WEEK 3		Meat Free			
	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 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				

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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: 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	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: 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				