



YOUR MENU @

**REBECCA
CHEETHAM
NURSERY**

----- Spring - Summer 2022 -----

WEEK I	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Roasted Vegetable Pasta Bake ND V	Baked Sausages served with Mashed Potatoes	Roast Chicken with Lemon Stuffing served with Roast Potatoes	Lasagne with homemade Garlic Slice	“Catch of the Day” in Batter served with Jacket Wedges
Vegetarian Choice	“The Vegan Burger” served with Tomato, Mushroom & Vegan Mayo V PB	Veggie Keema & Naan served with Raita V	Spinach, Red Pepper & Cheese Whirl served with Roast Potatoes V	Fresh Pomodoro Pasta Parcels	Homemade Pizza Slice served with Jacket Wedges V
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	Chocolate Sponge Slice served with Chocolate Custard Sugar Smart	Apple Crumble served with Vanilla Ice Cream Sugar Smart	Fruit Cake served with Custard ND Sugar Smart	Belgian Style Waffle served with Fruit Salad
Daily Options	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

WEEK I

18 APR, 9 MAY, 6 JUN, 27 JUN, 18 JUL, 5 SEPT, 26 SEP, 17 OCT

Meat served at this school is Halal

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

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Spring - Summer 2022

WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	'New York' Style Veggie Balls served with Penne Pasta	Tuna Pizza with Jacket Wedges	Roast Turkey, with Yorkshire Pudding served with Roast Potatoes	Lamb & Vegetable Jolloff Rice	Fish Fingers served with Chips
Vegetarian Choice	Quorn Frankfurter Hot Dog in a Roll with Tomato Relish	Mozzarella, Tomato & Basil Pizza with Jacket Wedges	Cheese & Onion Slice with served with Roast Potatoes	Southern Style Burger in a Roll with Coleslaw	Beany Tacos with Sweetcorn & Chips
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Apple & Carrot Cake served with Custard	Frozen Yoghurt served with Fruit Salad	Jelly served with Summer Fruit	Strawberry Yoghurt Cake served with Custard	Black Forest Slice served with Ice Cream
Daily Options	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

WEEK 2

25 APR, 16 MAY, 13 JUN, 4 JUL, 12 SEPT, 3 OCT

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WEEK 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Tomato & Broccoli Mac & Cheese with Rosemary Focaccia  	Creamy Chicken & Spring Vegetable Potato Topped Pie	Roast Lamb & Yorkshire Pudding served with Roast Potatoes	Jerk Spiced Chicken served with Rice & Peas	Fish Fingers served with Chips
Vegetarian Choice	Mixed Bean Quesadilla	Spring Vegetable Potato Topped Pie	Veggie Sausage 'Toad in the Hole' served with Roast Potatoes 	Moroccan Style Vegan Tagine with Couscous 	Homemade Veggie Sausage Roll served with 
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Plantain Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Fruity Flapjack 	Lemon & Lime Cheesecake  	Frozen Fruit Smoothie	Sticky Mandarin Sponge Cake served with Ice Cream 	Chocolate Shortbread 
Daily Options	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

WEEK 3

2 MAY, 23 MAY, 20 JUN, 11 JUL, 19 SEPT, 10 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, shreddie)				

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: 18 APR, 9 MAY, 6 JUN, 27 JUN, 18 JUL, 5 SEPT, 26 SEP, 17 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	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: 25 APR, 16 MAY, 13 JUN, 4 JUL, 12 SEPT, 3 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: 2 MAY, 23 MAY, 20 JUN, 11 JUL, 19 SEPT, 10 OCT

TEA MENU DATES

WEEK 1: 18 APR, 9 MAY, 6 JUN, 27 JUN, 18 JUL, 5 SEPT, 26 SEP, 17 OCT

WEEK 2: 25 APR, 16 MAY, 13 JUN, 4 JUL, 12 SEPT, 3 OCT

WEEK 3: 2 MAY, 23 MAY, 20 JUN, 11 JUL, 19 SEPT, 10 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				