



# YOUR MENU @

**REBECCA CHEETHAM  
NURSERY**

----- Autumn - Winter 2022 / 2023 -----

WEEK 1	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Vegetarian Koftas in Flatbread with Greek Salad <span>V</span>	Meatball Marinara in a Sub Roll with Coleslaw	Roast Turkey & Stuffing with Roast Potatoes	Cheese & Tomato Pizza with Wedges <span>V</span>	Fish Fingers with Chips
Vegetarian Choice	Vegetarian Mixed Bean & Pasta Bake <span>PB</span>	Veggie Chilli served with Rice <span>PB</span>	Autumn Vegetable Tart with Roast Potatoes <span>V</span>	Vegetable & Chickpea Curry served with Rice <span>PB</span>	Veggie Dippers with Chips <span>V</span>
Vegetable Selection	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert of the Day	Peach Crumble with Custard <span>SS</span>	Banana & Date Flapjack <span>SS</span>	Cinnamon Rice Pudding <span>SS</span>	Frozen Yogurt with Fruit	Fruit & Jelly with Ice Cream

Daily Options

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

**WEEK 1**

31 Oct, 21 Nov, 12 Dec, 2 Jan, 23 Jan, 20 Feb, 13 Mar

**MEAT SERVED AT THIS NURSERY 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 2022 / 2023 -----

WEEK 2	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Veggie Sausages with Mashed Potatoes	Chicken & Vegetable Jollof Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Moroccan Chicken Bake <span>ND</span>	Fish in Batter with Jacket Wedges
Vegetarian Choice	Piri Piri Quorn Pasta Bake <span>V</span>	Sweet Potato Macaroni Cheese <span>V</span>	Spinach & Feta Whirl with Roast Potatoes <span>V</span>	Vegan Tagine served with Couscous <span>PB</span>	Vegetarian Sausage Roll with Wedges <span>V</span>
Vegetable Selection	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ice Cream Sponge Roll	Marble Cake & Custard <span>SS</span>	Mandarin Cheesecake	Lemon & Courgette Cake with Custard <span>SS</span>	Waffles with Fruit & Ice Cream
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

**WEEK 2**

7 Nov, 28 Nov, 19 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar

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**REBECCA CHEETHAM  
NURSERY**

----- Autumn - Winter 2022 / 2023 -----

WEEK 3	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Veggie Burger in a Bun with Jacket Wedges	Spaghetti Bolognese & Garlic Bread	Roast Turkey with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers with Jacket Wedges
Vegetarian Choice	Mixed Bean Quesadilla <span>V</span>	Vegetable Samosa with Rice & Dhal <span>PB</span>	Veggie "Toad in the Hole" with Roast Potatoes <span>V</span>	Red Lentil Pasta Bake <span>V</span>	Quorn Pattie Muffin with Jacket Wedges <span>ND</span> <span>V</span>
Vegetable Selection	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	Banana & Honey Slice <span>SS</span>	Apple Crumble with Ice Cream <span>SS</span>	Sticky Orange Sponge with Custard <span>SS</span>	Strawberry Mousse
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

**WEEK 3**

14 Nov, 5 Dec, 16 Jan, 6 Feb, 6 Mar, 27 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 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				

WEEK 1: 31 Oct, 21 Nov, 12 Dec, 02 Jan, 23 Jan, 20 Feb, 13 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	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: 7 Nov, 28 Nov, 19 Dec, 9 Jan, 30 Jan, 27 Feb, 20 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: 14 Nov, 5 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar

### TEA MENU DATES

WEEK 1: 31 Oct, 21 Nov, 12 Dec, 02 Jan, 23 Jan, 20 Feb, 13 Mar

WEEK 2: 7 Nov, 28 Nov, 19 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar

WEEK 3: 14 Nov, 5 Dec, 16 Jan, 6 Feb, 6 Mar, 27 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				