

Angels Nursery Spring menu week 1

March – April – May

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (all served with milk)		Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge
		G, DA	G, DA	G, DA	G, DA	G, DA
Snack		Pear	Melon	Orange	Banana	Apple
LUNCH	STARTER	Carrot, Sultana and Apple Salad with homemade coleslaw		Tomato soup with crusty bread		Hummus with pitta
		G		G		G
	LUNCH	Sweet & sour chicken with mixed vegetables served with brown rice	Salmon & sweetcorn pasta served with roasted vegetables	Lasagne served with garlic bread and mixed salad	Vegetable risotto served with broccoli & sweetcorn	Pizza Hawaiian served with potato wedges, peas or salad
		G	G	G	G, F, DA	G, DA
	VEGETARIAN OPTION	Quorn sweet & sour served with brown rice	Quorn & sweetcorn pasta	Quorn Lasagne		
		G, E	G, DA, E	G, DA		
	DESSERT		Ginger and lime sponge with custard		Apricot flapjack	
			G, E, DA		G, SY, SU	
TEA (served with milk or water children's choice)		Assorted sandwiches Green pepper, carrot & celery crudities	Pilchard and Cream cheese potato skins and cucumber sticks	Assorted sandwiches cucumber, red pepper and tomato crudities	Ploughman's Lunch with pickle & home-made bread	Assorted sandwiches Cucumber, tomato & yellow pepper crudities
		G, E, DA, F	DA, F	G, E, DA, F	G, DA	G, E, DA, F

Allergy Reference G-gluten SF- Shell Fish (Crustaceans & molluscs) E-egg F-fish N- nuts PN – peanuts SY soya DA- dairy
CE- celery MU- mustard SE- sesame SU- sulphites LU- lupin

Angels Nursery Spring menu week 2

March – April – May

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (all served with milk)		Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge
		G, DA	G, DA	G, DA	G, DA	G, DA
SNACK		Apple	Pear	Melon	Orange	Banana
LUNCH	STARTER		Red lentil and sweet potato pate served on crackers		Tomato bruschetta	
			G		G	
	LUNCH	Spaghetti carbonara	Homemade mackerel or salmon fishcakes served with egg & green bean salad with curried mayonnaise dressing	Lamb & apricot curry served with brown rice	Shepherd's pie served with potatoes, diced carrots and swede	Roast turkey served with mashed potatoes, peas and carrots
		G, DA	E, F, MU	G, SU	G	G, DA
	VEGETARIAN OPTION	Spaghetti, no meat carbonara	Homemade potato & herb cakes served with bean salad	Roast Quorn & apricot curry served with brown rice	Quorn shepherd's pie served with roast potatoes and diced carrots and swede	Quorn roast served with mashed potatoes, peas and carrots
		G, DA	G	G	G, E	G, DA
	DESSERT	Fruit and ice cream		Chocolate zucchini cake		Yoghurt crunch
		DA		G, E		G, DA
TEA (served with milk or water children's choice)		Tuna, Pilchard & mayo wraps with celery & carrot sticks	Assorted sandwiches cucumber and red pepper crudities	Roasted butternut squash soup with homemade bread	Assorted sandwiches Cucumber, tomato and yellow pepper crudities	Assorted sandwiches cucumber and tomato crudities
		G, E, CE, MU, F	G, E, DA, F	G, SY, SE	G, E, DA, F	G, E, DA, F

Allergy Reference G-gluten SF- Shell Fish (Crustaceans & molluscs) E-egg F-fish N- nuts PN – peanuts SY soya DA- dairy
CE- celery MU- mustard SE- sesame SU- sulphites LU- lupin

Angels Nursery Spring menu week 3

March – April – May

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (all served with milk)		Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge
		G, DA	G, DA	G, DA	G, DA	G, DA
SNACK		Oranges	Bananas	Apples	Pears	Melon
LUNCH	STARTER	Carrot and lentil soup with crusty bread		Quorn and vegetable couscous		Tortilla and sweetcorn salsa
		G		G		G
	LUNCH	Mediterranean couscous	Pilchard and vegetable lasagne served with carrots and green beans	Pea and ham risotto	Sweet potato and chickpea cassoulet served with cauliflower	Chilli con carne served with rice
		G	G, F, DA	G	G	G
	VEGETARIAN OPTION		Vegetable lasagne served with carrots and green beans	Pea and quorn risotto		Quorn chilli con carne served with brown rice
			G, DA	G, E		G
	DESSERT		Rhubarb and apple crumble and cream		Apricot and orange homemade rice pudding	
			G, DA		DA	
TEA (served with milk or water children's choice)		Assorted sandwiches green pepper, carrot and celery crudities	Curried cauliflower and carrot soup with beetroot bread	Assorted sandwiches cucumber and tomato crudities	Assorted sandwiches red pepper, carrot and celery crudities	Pilchard pate with pitta fingers and tomato wedges
		G, E, DA, F	G, SY, DA, SU	G, E, DA, F	G, E, DA, F, CE	G, DA, F

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CE- celery MU- mustard SE- sesame SU- sulphites LU- lupin

Angels Nursery Spring menu week 4

March- April- May

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (all served with milk)		Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge	Assorted cereals, or porridge
		G, DA	G, DA	G, DA	G, DA	G, DA
SNACK		Melon	Oranges	Bananas	Apples	Pears
LUNCH	STARTER		Avocado and cottage/cream cheese pitta		Butternut squash, sweet potato spice dip	
			G, DA		SU	
	LUNCH	Sweet potato fish pie served with carrots and peas	Chicken, leek and mushroom bake served with brown rice	Seasonal vegetable curry served with couscous	Spaghetti bolognaise served with garlic bread	Cheese and tomato quiche served with salad
		G, SU, F, SF, DA	G, DA	G, SU	G	G, E, DA
	VEGETARIAN OPTION	Sweet potato quorn pie served with carrots and peas	Quorn, leek and mushroom bake served with brown rice		Spaghetti with qourn bolognaise served with garlic bread	
		G, SU, DA	G, DA		G, E	
	DESSERT	Fresh fruit and jelly		Bananas and sultana slice		Chocolate avocado pudding with lemon sauce
				DA, E, G		DA
TEA (served with milk or water children's choice)		Mixed vegetable pasta with cream sauce	Assorted sandwiches cucumber and red pepper crudities	Assorted sandwiches cucumber and tomato crudities	Beans with homemade soda bread	Assorted sandwiches cucumber and yellow pepper crudities
		G, DA	G, E, DA, F	G,E, DA, F	G, DA	G, E, DA, F

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CE- celery MU- mustard SE- sesame SU- sulphites LU- lupin