

Washwood Heath Nursery

School 3 Week Lunch Menu



Lunch Menu - Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Fingers & Baked Wedges with Vegetables	Chili-Con-Carne with Boiled Rice	Quorn Roast with Roast Potatoes & Vegetables	Chicken Fajita with Pasta & Vegetables	Vegetable Roll served with Potatoes & Vegetables
Cookie with Fruit served with Cream	Ice cream & Fruit	Chocolate Mousse with Fruit	Fruit & Ginger Cake served with Custard	Fruity Yogurt

Lunch Menu - Week 2

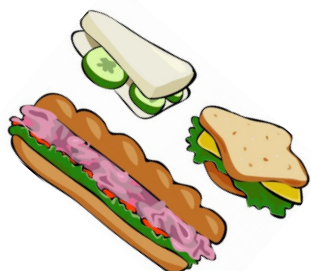
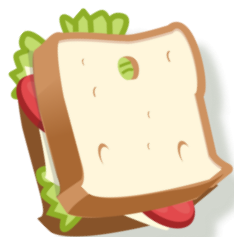
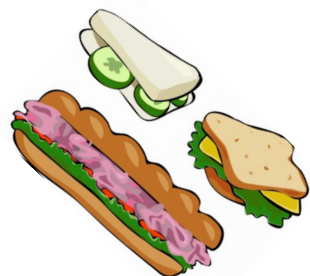
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets with baked Chips & Vegetables	Lentil, Potato & Spinach Curry served with Rice	Roast Chicken Served with Potatoes & Vegetables	Tuna Pasta Bake served with Vegetables	Beef & Vegetable Quesadilla served with Wedges & Carrots
Fruit Slices with Cream	Fruity Cheesecake	Strawberry Mousse	Banana & Custard	Fruity Muffins

Lunch Menu - Week 3

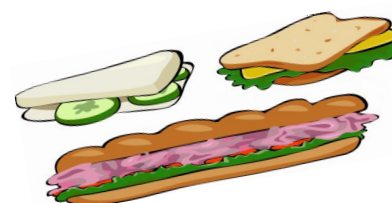
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Fish Cakes served with Potato & Veg in Parsley Sauce	Vegetable Lasagna served with Bread & Veg	Chicken Pie with Baked Chips & Veg	Vegetable Pizza served with Baked Chips	Gourmet Beef Burger served with Rice & Veg
Flapjack	Fruit Yogurt	Fruit Slices with Cream	Fruit Sponge served with Custard	Ice-Cream served with Fruit



Washwood Heath Nursery School Tea Time Menu



Tea Time Menu - Week 1			
Monday	Tuesday	Wednesday	Thursday
Sandwiches & Crackers with Cream Cheese & Veg sticks	Boiled Egg with Avocado Salad & Bread Roll	Tuna Pasta Salad with Pitta Bread	Croissant with Cheese & Veg sticks
Fruit Slices	Fruit Yogurt	Fruity Cookie	Fruit Slices
Tea Time Menu - Week 2			
Monday	Tuesday	Wednesday	Thursday
Boiled Egg with Pasta salad & Bread	Tortilla Wraps served with Cucumber Salad	Sardine Pate with Pitta Bread & Veg	Sandwiches & Cracker with Grated Cheese & Veg sticks
Fruit Slices	Fruity Yogurt	Fruity Muffin	Fruit Slices



Fresh drinking water is available throughout the day



Snack time — fruit and vegetable snacks served daily

All allergies and intolerances catered for



All meat is halal — supplier certificate is on display.

Kitchen has a 5 Star hygiene rating.



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