



# Washwood Heath Nursery School 3 Week Lunch Menu

























## Lunch Menu - Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fish Fingers, Peas &amp; Baked Potato Wedges</b>  	<b>Chickpea &amp; Spinach Curry &amp; Rice</b>  	<b>Roast Chicken, Vegetables, Potatoes &amp; Gravy</b>   	<b>Pasta Bolognaise &amp; Garlic Pitta</b>  	<b>Baked Chicken Goujons, Vegetables &amp; Baked Chips</b>  
<b>Yogurt with Fruit</b> 	<b>Eves Pudding</b>   	<b>Greek Yogurt &amp; Raspberry Puree</b> 	<b>Banana Buns with Cream</b>   	<b>Fruit Slices</b>

## Lunch Menu - Week 2

































Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fish Cakes, Potatoes &amp; Vegetables</b>   	<b>Tomato &amp; lentil Lasagna with Garlic Bread</b>  	<b>Creamy Chicken &amp; Leek Hotpot with Vegetables</b> 	<b>Beef &amp; Spinach Curry with Rice</b> 	<b>Lamb Burger with Vegetables &amp; Potatoes</b>   
<b>Creamy Apricot Dessert</b> 	<b>Blueberry Sponge Cake with Custard</b>   	<b>Fruit Slices</b>	<b>Shortbread with Fruit</b>  	<b>Yogurt with Fruit</b> 

## Lunch Menu - Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheese &amp; Veg Pizza with Baked Potatoes</b>  	<b>Fish Pie &amp; Vegetables</b>    	<b>Beef Lasagna with Vegetables</b>  	<b>Cheese &amp; Veg Pie with Sweet Potato Mash</b>    	<b>Chicken Meat Balls in Tomato Sauce with Veg &amp; Pasta</b>   
<b>Peach Ripple</b> 	<b>Courgette &amp; Lime cake with Cream</b>   	<b>Yogurt with Fruit</b> 	<b>Rice Pudding with Banana &amp; Cinnamon</b> 	<b>Shortbread with Fruit</b> 

# Washwood Heath Nursery School Tea Time Menu



Tea Time Menu - Week 1			
Monday	Tuesday	Wednesday	Thursday
<b>Cheese Sandwich &amp; Veg Sticks</b>  	<b>Egg &amp; Cress Wrap with Veg sticks</b>  	<b>Tuna &amp; Sweetcorn Sandwich</b>   	<b>Cream Cheese &amp; Salad Pitta with Veg Sticks</b>  
<b>Fruit Slices</b>	<b>Yogurt</b> 	<b>Shortbread with Fruit</b> 	<b>Fruit Slices</b>
Tea Time Menu - Week 2			
Monday	Tuesday	Wednesday	Thursday
<b>Cheese Salad Pasta</b>  	<b>Egg &amp; Avocado Wrap &amp; Veg Sticks</b>  	<b>Tuna &amp; Cucumber Sandwiches</b>  	<b>Hummus Dip with Pitta Bread &amp; Veg Sticks</b> 
<b>Lemon &amp; Sultana Cake</b>  	<b>Fruit Slices</b>	<b>Yogurt</b> 	<b>Fruit Slices</b>
Tea Time Menu - Week 3			
Monday	Tuesday	Wednesday	Thursday
<b>Cheese Crackers &amp; Veg Sticks</b>  	<b>Boiled Egg Salad with Pitta Bread</b>  	<b>Cream Cheese &amp; Salad Baguette</b>  	<b>Cheese &amp; Tomato Wrap</b>  
<b>Yogurt</b> 	<b>Shortbread with Fruit</b> 	<b>Fruit Slices</b>	<b>Yogurt</b> 

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.



Mashwood Heath Nursery

## Food Allergies



GLUTEN



LUPIN



CELERY



CRUSTACEANS



MILK



SULPHUR DIOXIDE



SESAME



MOLLUSCS



MUSTARD



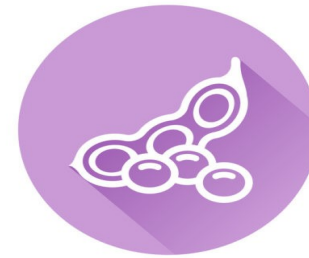
TREE NUTS



EGG



FISH



SOYBEANS



PEANUTS