

St. Paul's Nursery at Malvern Street



Spring and Summer Menu 2018

Week 1



	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Lightly spiced vegetable balti served with boiled rice Fruit in natural juice	Beans on toast Fresh fruit
Tuesday	Choice of healthy cereal and dried fruit	Quorn sausage, mushroom and tomato pasta served with salad Fruit Yoghurt	Homemade vegetable soup with bread and butter Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Chicken and leek pie with pastry lid served with seasonal vegetables Cake and custard	Chicken noodles and peas Fresh fruit
Thursday	Choice of healthy cereal and dried fruit	Vegetable and lentil lasagne served with salad Fruit salad	Dips with vegetable sticks and pitta bread Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Build your own burger with lettuce, tomato, cumber slices and potato wedges Ice cream	Selection of sandwiches Fresh fruit

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Week 2



	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Jacket potato with Quorn chilli con carne, topped with cheese Fruit Yoghurt	Boiled eggs with toast and beans Fresh Fruit
Tuesday	Choice of healthy cereal and dried fruit	Tender chicken and pepper fajitas served with salad Fruit in natural juice	Pizza baguettes with crunchy vegetable sticks Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Baked masala fish with vegetable rice Cake and custard	Spaghetti hoops with toast Fresh Fruit
Thursday	Choice of healthy cereal and dried fruit	Spaghetti and meatballs in a tasty tomato sauce Fruit Salad	Homemade vegetable soup with bread and butter Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Faiza's tasty deep pan pizza served with wedges and salad Ice cream	Selection of sandwiches Fresh fruit

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Week 3



	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Spicy dahl served with rice Fruit in natural juice	Beans and toast Fresh fruit
Tuesday	Choice of healthy cereal and dried fruit	Cheese pie served with seasonal vegetables Jelly with fruit	Homemade vegetable soup with bread and butter Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Chicken pasta served with salad Cake and custard	Chicken noodles and peas Fresh fruit
Thursday	Choice of healthy cereal and dried fruit	Fish fingers with fluffy mash and peas Yoghurt	Houmous and cheese tzatziki with crudités and pitta bread Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Lamb and vegetable keema served with rice Ice cream	Selection of sandwiches Fresh fruit

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Week 4



	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Mediterranean tomato and lentil sauce served with pasta and salad Fruit Juice	Boiled eggs with toast and baked beans Fresh Fruit
Tuesday	Choice of healthy cereal and dried fruit	Prawn and salmon pilau served with leafy green salad Fruit Salad	Pizza baguettes with vegetable sticks Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Roast chicken with roast potatoes, seasonal vegetables and Faiza's tasty gravy Yoghurt	Spaghetti hoops in tomato sauce with toast Fresh Fruit
Thursday	Choice of healthy cereal and dried fruit	Spaghetti Bolognese with grated cheddar cheese and salad Cake and custard	Homemade vegetable soup with bread and butter Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Cheese and potato pie served with seasonal vegetables Ice cream	Selection of sandwiches Fresh fruit