BROCKHURST & MARLSTON HOUSE NURSERY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast
Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Chicken Shawarma DF/GF Chickpea & Halloumi Shawarma V/GF Tumeric Rice DF/GF Wholemeal Pittas DF Courgette & Aubergine DF/GF Fresh Fruit & Yoghurt	Lentil Cottage Pie V/GF/DF Steamed Carrots GF/DF Garden Peas GF/DF Fresh Fruit & Yoghurt	Vegetable Bolognese V/GF/DF Wholewheat Penne Pasta DF Garlic Bread DF Broccoli DF/GF Fresh Fruit & Yoghurt	Roast Chicken Breast DF/GF Vegetarian Roast V/DF Roasted Potatoes DF/GF Carrots DF/GF Braised Cabbage DF/GF Fresh Fruit & Yoghurt	Baked Pollock DF Quorn Fillet V/DF/GF Potato Wedges GF/DF Fresh Garden Peas DF/GF Fresh Fruit & Yoghurt
Snack	Breadsticks	Crackers	Rice Cakes	Breadsticks	Crackers
Supper	Chicken & Leek Risotto DF/GF Soya & Leek Risotto V/DF/GF Garlic Bread DF Broccoli Yogurt & Fruit	Sweet Potato & Lentil Soup V/DF/GF Wholemeal Bread DF Banana Slices	Lancashire Hotpot DF/GF Bean & Root Vegetable Hotpot V/DF/GF Carrots & Peas DF/GF Seasonal Fruit Salad	Chickpea Korma V/DF/GF Basmati Rice DF/GF Peas Plain Yogurt with Fruit Compote	Jacket Potato Homemade Baked Beans Broccoli Fruit Jelly & Mandarin Segments

BROCKHURST & MARLSTON HOUSE NURSERY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast
Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Mild Vegetable & Bean Chilli V/DF/GF Steamed Rice DF/GF Sweetcorn DF/GF Fresh Fruit & Yoghurt	Vegetable Lasagne V Garlic Bread DF Green Beans DF/GF Fresh Fruit & Yoghurt	Chicken & Tomato Vegetable Pasta Bake Tomato Vegetable Pasta Bake V Broccoli DF/GF Fresh Fruit & Yoghurt	Roasted Pork Loin DF/GF Vegetarian Roast V/DF Roasted New Potatoes GF/DF Carrots & Cauliflower DF/GF Fresh Fruit & Yoghurt	Vegetable Burger V/DF/GF Potato Wedges GF/DF Fresh Garden Peas DF/GF Fresh Fruit & Yoghurt
Snack	Rice Cakes	Crackers	Rice Cakes	Breadsticks	Crackers
Supper	Creamy Lentil & Broccoli Pasta V Garlic Bread DF Peas DF/GF Stewed Apple & Custard	Pork & Leek Pie DF Vegetable Pie V/DF New Potatoes DF/GF Steamed Carrots DF/GF Sliced Peaches & Yoghurt	Butternut Squash & Chickpea Soup V/DF/GF Wholemeal Bread Mixed Berry Fool	Beef Kofta DF/GF Vegetable & Chickpea Kofta V/DF/GF Cous Cous DF Roasted Vegetables DF/GF Banana Rice Pudding	Chicken Fajitas DF/GF Steamed Rice DF/GF Sweetcorn DF/GF Seasonal Fruit Salad

BROCKHURST & MARLSTON HOUSE NURSERY

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast	Rice Crispies, Weetabix, Cornflakes & Toast
Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Chicken & Chickpea Curry DF/GF Sweet Potato & Lentil Curry V/DF/GF Basmati Rice DF/GF Peas DF/GF Fresh Fruit & Yoghurt	Macaroni Cheese with Cauliflower V Garlic Bread DF Green Beans DF/GF Fresh Fruit & Yoghurt	Pork, Leek & Mustard Casserole DF/GF Soya, Leek & Mustard Casserole V/DF/GF Mashed Potatoes GF/DF Carrots DF/GF Fresh Fruit & Yoghurt	Beef & Lentil Hot Pot DF Cheese, Potato & Onion Hot Pot V/DF/GF Broccoli DF/GF Fresh Fruit & Yoghurt	Wholemeal English Muffin Pizza with Various Toppings V Peas DF/GF Fresh Fruit & Yoghurt
Snack	Breadsticks	Crackers	Rice Cakes	Breadsticks	Crackers
Supper	Chicken, Tomato and Courgette Wholewheat Pasta Bake Tomato and Courgette Pasta Bake V Banana Slices & Yoghurt	Beef & Lentil Cottage Pie DF/GF Lentil Cottage Pie V/DF/GF Broccoli DF/GF Apple & Pear Slices	Bean & Vegetable Casserole V/DF/GF Steamed Rice DF/GF Sweetcorn DF/GF Stewed Fruit & Plain Yoghurt	Salmon and Sweetcorn Mayonaise Jacket Potato DF/GF Jacket Potato & Baked Beans V/DF/GF Cucumber Sticks DF/GF Orange Segments & Yoghurt	Pork & Bean Ragu GF/DF Vegetable Ragu V/GF/DF Penne Pasta DF Green Beans DF/GF Sliced Melon Medley