First Steps Nursery Lunch Menu

Please choose 1 of the 3 main meal options

and

1 of the 3 pudding options available.

Please return by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Thank you

Child’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1  Hot Lunch | Chicken Fajita with  Basmati Rice  &  Diced Carrot | Tuna/Cheese Panini  With  Mini Corn on the Cob | Ham Omelette  With  Jacket Potato & Baked Beans | Cottage Pie  Yorkshire Pudding  Broccoli &  Gravy | Jumbo Fish Finger  With  Sauté Potatoes &  Peas |
| Option 2  Vegetarian Lunch | Roasted vegetable curry with  Basmati Rice  & Diced carrot | Cauliflower, Broccoli & Cheese Bake  With crusty bread & Mini Corn on the Cob | Cheese & Tomato Omelette with  Jacket Potato & Baked Beans | Savoury Quorn Pie  Yorkshire Pudding  Broccoli &  Gravy | Roasted Vegetable Tart with  Sauté Potatoes &  Peas |
| Option 3  Packed Lunch | Cheese Roll  Yoghurt  Fresh fruit &  Cake/Cookie | Ham Wrap  Yoghurt  Carrot Sticks &  Cookie/Cake | Chicken Mayonnaise Baguette  Yoghurt  Fresh Fruit &  Cake/Cookie | Turkey Sandwich  Yoghurt  Fresh Fruit &  Cookie/Cake | Tuna Mayonnaise Roll  Yoghurt  Fresh Fruit &  Cake/Cookie |
| **Puddings**  Option 1 | Jam & Coconut Sponge  With  Custard | Homemade Cookie | Syrup Sponge  With  Custard | Chocolate Mousse  With a  Café Curl | Flapjack |
| Option 2 | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Option 3 | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |

Date:

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1  Hot Lunch | Chicken in Tomato & Basil Sauce with  Basmati Rice & Broccoli | Lasagne  With  New Potatoes  & Peas | Ham Pizza  With  Arrabiatta Pasta  & Sweetcorn | Roast Chicken,  Roast Potatoes with  Carrot/Swede Mash  & Stuffing | Breaded Salmon Fingers with  Jacket Potato &  Baked Beans |
| Option 2  Vegetarian Lunch | Vegetable Risotto  With  Curry Sauce &  Diced Carrots | Sweet potato, Spinach & Mozzarella Tart  With  New Potatoes  & Peas | Cheese/Tomato Pizza  With  Arrabiatta Pasta  & Sweetcorn | Quorn Nuggets  Roast Potatoes with  Carrot/Swede Mash  & Stuffing | Vegetable Spring Roll  With  Sweet/Sour Sauce  Basmati Rice &  Broccoli |
| Option 3  Packed Lunch | Ham Roll  Yoghurt  Fresh Fruit  Cookie/Cake | Cheese Sandwich  Yoghurt  Fresh Fruit  Cake/Cookie | Tuna Mayonnaise Wrap  Yoghurt  Fresh Fruit  Cookie/Cake | Chicken Tikka Baguette  Yoghurt  Fresh Fruit  Cake/Cookie | Turkey Roll  Yoghurt  Fresh Fruit  Cookie/Cake |
| **Puddings**  Option 1 | Lemon Roly Poly  With  custard | Homemade Cookie | Chocolate Brownie With  Chocolate Sauce | Strawberry Whip  With a  Café Curl | Krispy Cake |
| Option 2 | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Option 3 | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |

Date:

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1  Hot Lunch | Chilli Con Carne  with Taco Shells  Basmati Rice &  Mixed Vegetables | Homemade Chicken Pie  With  New Potatoes  & Broccoli | BBQ Chicken Pasta  With  Peas | Roast Pork  Roast Potatoes  Yorkshire Pudding  Mixed Vegetables  & Gravy | Cod Bites  With  Sauté Potatoes  &  Diced Carrots |
| Option 2  Vegetarian Lunch | Jacket Potato  With  Cheese & Cucumber | Roasted Vegetable Pastry Puff with  New Potatoes  & Broccoli | Cheesy Pasta  With  Peas | Vegetable Sausage  Roast Potatoes  Yorkshire Pudding  Mixed Vegetables  & Gravy | Vegetable Fingers  With  Sauté Potatoes  &  Diced Carrots |
| Option 3  Packed Lunch | Ham Roll  Yoghurt  Fresh Fruit  Cake/Cookie | Tuna Mayonnaise Baguette  Yoghurt  Fresh Fruit  Cookie/Cake | Egg Mayonnaise Sandwich  Yoghurt  Fresh Fruit  Cake/Cookie | BBQ Chicken Wrap  Yoghurt  Fresh Fruit  Cookie/Cake | Cheese Roll  Yoghurt  Fresh Fruit  Cake/Cookie |
| **Puddings**  Option 1 | Pineapple Upside  Down Cake  With  Custard | Frozen Chocolate Yoghurt  &  Wafer | Apple Crumble  With  Custard | Homemade Cookie | Muffin |
| Option 2 | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Option 3 | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |