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 1Hot Lunch | Chicken Fajita withBasmati Rice&Diced Carrot | Tuna/Cheese PaniniWith Mini Corn on the Cob | Ham OmeletteWithJacket Potato & Baked Beans | Cottage PieYorkshire PuddingBroccoli &Gravy | Jumbo Fish FingerWith Sauté Potatoes & Peas |
| Option 2Vegetarian Lunch | Roasted vegetable curry with Basmati Rice & Diced carrot | Cauliflower, Broccoli & Cheese BakeWith crusty bread & Mini Corn on the Cob | Cheese & Tomato Omelette withJacket Potato & Baked Beans | Savoury Quorn PieYorkshire PuddingBroccoli &Gravy | Roasted Vegetable Tart with Sauté Potatoes & Peas |
| Option 3Packed Lunch | Cheese RollYoghurtFresh fruit &Cake/Cookie | Ham WrapYoghurtCarrot Sticks &Cookie/Cake | Chicken Mayonnaise BaguetteYoghurtFresh Fruit &Cake/Cookie | Turkey SandwichYoghurtFresh Fruit &Cookie/Cake | Tuna Mayonnaise Roll YoghurtFresh Fruit &Cake/Cookie |
| **Puddings** Option 1 | Jam & Coconut SpongeWithCustard | Homemade Cookie | Syrup Sponge With Custard | Chocolate MousseWith aCafé 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 1Hot Lunch | Chicken in Tomato & Basil Sauce withBasmati Rice & Broccoli | LasagneWith New Potatoes& Peas | Ham PizzaWith Arrabiatta Pasta& Sweetcorn | Roast Chicken,Roast Potatoes withCarrot/Swede Mash& Stuffing  | Breaded Salmon Fingers withJacket Potato &Baked Beans |
| Option 2Vegetarian Lunch | Vegetable RisottoWithCurry Sauce &Diced Carrots | Sweet potato, Spinach & Mozzarella TartWith New Potatoes& Peas | Cheese/Tomato PizzaWith Arrabiatta Pasta& Sweetcorn | Quorn NuggetsRoast Potatoes withCarrot/Swede Mash& Stuffing | Vegetable Spring RollWithSweet/Sour SauceBasmati Rice &Broccoli |
| Option 3Packed Lunch | Ham Roll YoghurtFresh FruitCookie/Cake | Cheese SandwichYoghurtFresh FruitCake/Cookie | Tuna Mayonnaise WrapYoghurtFresh FruitCookie/Cake | Chicken Tikka BaguetteYoghurtFresh FruitCake/Cookie | Turkey Roll YoghurtFresh FruitCookie/Cake |
| **Puddings** Option 1 | Lemon Roly PolyWithcustard | Homemade Cookie | Chocolate Brownie With Chocolate Sauce | Strawberry WhipWith aCafé 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 1Hot Lunch | Chilli Con Carne with Taco ShellsBasmati Rice &Mixed Vegetables | Homemade Chicken PieWithNew Potatoes & Broccoli | BBQ Chicken PastaWith Peas | Roast PorkRoast PotatoesYorkshire Pudding Mixed Vegetables& Gravy | Cod BitesWithSauté Potatoes&Diced Carrots |
| Option 2Vegetarian Lunch | Jacket PotatoWithCheese & Cucumber | Roasted Vegetable Pastry Puff withNew Potatoes & Broccoli | Cheesy PastaWithPeas | Vegetable SausageRoast PotatoesYorkshire Pudding Mixed Vegetables& Gravy | Vegetable FingersWithSauté Potatoes&Diced Carrots |
| Option 3Packed Lunch | Ham RollYoghurtFresh FruitCake/Cookie | Tuna Mayonnaise BaguetteYoghurtFresh FruitCookie/Cake | Egg Mayonnaise SandwichYoghurtFresh FruitCake/Cookie | BBQ Chicken WrapYoghurtFresh FruitCookie/Cake | Cheese RollYoghurtFresh FruitCake/Cookie |
| **Puddings** Option 1 | Pineapple UpsideDown CakeWithCustard | Frozen Chocolate Yoghurt&Wafer | Apple CrumbleWithCustard | Homemade Cookie | Muffin |
| Option 2 | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Option 3 | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |