



## **Our Summer 2018 Menu**

Providing all of our children with seasonal food, freshly prepared on our premises

# Summer Menu 2018

- We have eleven separate daily menus which are served on a rolling basis throughout the summer months.
- There is a vegetarian option for every meal, along with a suitable option for our younger children and any children with specific dietary requirements. We also serve a range of healthy snacks throughout the day.
- Here are some examples of the meals our children eat at nursery, all freshly prepared each day in our nursery kitchen.

# LUNCH

Lamb kofta, flat bread & sliced tomato  
with shredded lettuce & mint yoghurt

(Vegetarian option: Roasted Quorn balls)

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Apricot, rhubarb & custard

**TEA**

Broccoli & leek pasta bake

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Apple Boats

# LUNCH

Beef Rissole with  
boiled potatoes & carrots

(Vegetarian option: Vegemince Rissole)

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Peaches & ice cream

# TEA

Butternut & parsnip soup  
with wholemeal roll

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Blueberry muffin

# LUNCH

Fish Provençal with  
steamed rice & peas

(Vegetarian option: Vegemince Provençal)

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Warm pear with natural yoghurt

**TEA**

Jacket potato with cheese & beans

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Raspberry Jellies



# LUNCH

Chicken & leek pie with  
new potatoes & peas

(Vegetarian option: Quorn & leek pie)

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Fromage frais