



# Greenhouse Farm Children's Nursery

## SPRING / SUMMER MENU

Dietary Requirements are catered for within this menu. Where necessary, meals are made with alternative ingredients.

(V) – Vegetarian (BR) - The Baby Room - occasionally have differing meals that are more suitable to them.

Breakfast is served from 7:30am-9:30am. Options include Toast, Weetabix, Porridge, Wholegrain hoops, Shreddies, Cornflakes, Crumpets, Pancakes, Brioche, Croissant, Hot-cross buns.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b> (11am-12pm)	Beef Lasagne <u>OR</u> Vegetable Lasagne (V) served with garlic bread ..... Fruit Salad	Jacket potatoes with cheese & coleslaw, served with a summer salad ..... Rice Pudding and stewed apples	Chicken/ Quorn Chicken in a mushroom sauce, served with rice & garden peas ..... Coconut & vanilla flapjacks	Creamy tomato pasta with roasted vegetables ..... Blueberry muffins	Toad in the hole <u>OR</u> Quorn sausage toad in the hole (V) served with seasonal vegetables. ..... Watermelon & Greek yoghurt
<b>Afternoon light meal</b> (3-4pm)	Sandwich selection <u>OR</u> Mini eggy bread broccoli quiches (BR) ..... Fruit selection	Spaghetti on toast ..... Fruit selection	Tuna wraps <u>OR</u> Feta & red onion Frittata (V) (BR) Cherry tomatoes ..... Fruit selection	Cocktail sausages, Hummus, Guacamole & Pitta, with cucumber batons ..... Fruit selection	Crumpets, cheese & beans ..... Fruit selection
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b> (11am-12pm)	Fish pie with filo pastry & mixed seasonal vegetables ..... Blueberries & Melon	BBQ Chicken/ Quorn chicken, new potatoes & summer salad ..... Eton Mess <u>OR</u> Banana & strawberries with cream (BR)	White fish & broccoli creamy pasta <u>OR</u> Broccoli Mac & cheese (V) ..... Lemon & raisin muffins	Sausage Risotto <u>OR</u> Butternut squash Risotto (V) (BR) ..... Ice cream with a choice of toppings	Cottage pie/ Quorn cottage pie, served with beans ..... Peach fool ripple
<b>Afternoon light meal</b> (3-4pm)	Cheese & bacon/ Cheese & spinach muffins ..... Fruit selection	Tuna Pasta salad <u>OR</u> Feta Pasta salad (V) ..... Fruit selection	Fish finger sandwiches/ fishless fingers (V) ..... Fruit selection	Homemade Beetroot hummus with crackers, Cucumber batons & celery sticks ..... Fruit selection	Cheese & Chive pancakes Pepper batons ..... Fruit selection
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b> (11am-12pm)	Ham & Pea Carbonara <u>OR</u> Mushroom Carbonara(V) ..... Malt loaf <u>OR</u> Orange & vanilla muffins (BR)	Honey & mustard chicken/ Quorn chicken (V) skewers served with vegetable rice ..... Homemade cherry biscuits	Fishcakes, lemon & herb new potatoes & mushy peas <u>OR</u> Fishless fingers (V) ..... Kiwi & Pineapple	Meat & potato pie served with beans <u>OR</u> Quorn meat & potato pie (V) ..... Carrot cake	Creamy chicken & leek hotpot <u>OR</u> Quorn chicken & leek hotpot (V) ..... Milk lollies <u>OR</u> Frozen fruit yoghurt (BR)
<b>Afternoon light meal</b> (3-4pm)	Seafood pittas <u>OR</u> Vegetable finger pittas (V) Crisps ..... Fruit selection	Rice cakes with cream cheese <u>OR</u> Cheese pastry twists & dips (BR) Pepper batons ..... Fruit selection	Ham & Cheese Croissants Cherry Tomatoes ..... Fruit selection	Tuna pate crispbreads <u>OR</u> cream cheese crispbreads Cucumber batons ..... Fruit selection	Pizza fingers & dips <u>OR</u> Avocado & cheese toasties (BR) ..... Fruit selection
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b> (11am-12pm)	Spaghetti Bolognese/ Quorn Bolognese (V) & garlic bread ..... Strawberry whip <u>OR</u> yoghurt (BR) with fresh strawberries	Cod or Tofu (V) green bean traybake with parsley sauce, Mediterranean cous cous & sweetcorn ..... Chocolate cake with mint custard	Coconut Chicken/ Quorn Chicken (V) curried noodles served with broccoli ..... Blueberry & white chocolate banana bread	Sausage/ Quorn sausage (V), root vegetable mash, peas & onion gravy ..... Mango & Greek Yoghurt	Fish, chips & beans <u>OR</u> fishless fish (V) ..... Orange jelly & mandarins
<b>Afternoon light meal</b> (3-4pm)	Cheddar & apple quesadillas ..... Fruit selection	Sausage rolls / Cheese & onion rolls Crisps ..... Fruit selection	Carrot & parsnip bhajis with tzatziki dip & pitta bread ..... Fruit selection	Homemade Quiche Cucumber batons ..... Fruit selection	Egg & cress mayonnaise sandwiches ..... Fruit selection