WINTER MENU

Nutritious **breakfast** served every morning including a selection of healthy cereals, choice of wholemeal toast or other bakery products and fresh milk to drink

ST VINCENT'S NURSERY

WEEK 4

MONDAY

Lunch

Beef & Mushroom Stroganoff served with Brown Rice & Dill Pickles 1, 5, 7

Bananas

Tea

Carrot & Coriander Soup served with Naan Bread 1, 7

Fairy Cakes 1, 6, 7 (2, 3)

TUESDAY

Lunch

Creamy Chicken & Leek Puff Pastry Pie served with Garden Peas 1, 5, 7, 13

Orange slices

Tea

Fish Finger Sandwiches served with Ketchup & Cucumber Sticks 1, 4, 9, 12 (all other allergens)

Petit Filous 7

WEDNESDAY

Lunch

Roasted Winter Vegetable Bulgar Wheat served with Harissa Sauce & Natural Yoghurt 1, 7 (2, 3, 8)

Ice Cream 1, 7

Tea

Margherita Pizza served with Coleslaw 1, 6, 7

Pear Slices

THURSDAY

Lunch

Toulouse Style sausage & Lentils served with Herby Crème Fraiche 1, 7, 12

Strawberry Mousse 1, 7, 12

Tea

Mackerel & Cream Cheese Dip served with Wholemeal Pitta & Carrot Sticks 1, 6, 7, 9

Apple Slices

FRIDAY

Lunch

Salmon, Broccoli & Cream Cheese Pasta served with Garlic Bread 1, 7, 9

Melon Salad

Tea

Ham & Mayo Rolls served with Cherry Tomatoes 1, 6, 7, 12 (all other allergens)

Satsumas

Variety of **mid-morning & mid-afternoon snacks** available throughout the week, including fresh fruit, vegetables, rice cakes, breadsticks, crisp-bakes etc.

*** Ingredients can change subject to supplier. ***

Allergen matrix

1 Gluten	2 Peanuts	3 Tree Nuts
4 Celery	5 Mustard	6 Eggs
7 Milk	8 Sesame	9 Fish
10 Crustaceans	11 Molluscs	12 Soya
13 Sulphites	14 Lupin	() 'may contain'