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 5

MONDAY

Lunch

Creamy Mexican Beans & Vegetables served with Brown Rice and Tortilla Crunches 7, 12

Melon Salad

Tea

Quiche Selection served with Potato Salad 1, 6, 7

Pear Slices

TUESDAY

Lunch

Beef & Potato Goulash served with Sour Cream & Dill Pickles 1, 5, 7, 12

Fruit Yoghurt 7

Tea

Roast Chicken Breast Sandwich Rolls served with Carrot Sticks 1, 7, 12

Apple Slices

WEDNESDAY

Lunch

Chinese Chicken Curry served with Wholewheat Noodles 1, 12

Mandarins & Natural Yoghurt 7

Tea

Tuna & Olive Pate served with Flatbreads & Cucumber Sticks 1, 6, 9, 13

Watermelon

THURSDAY

Lunch

Smoked Haddock & Leek Macaroni Cheese served with Roasted Broccoli & Cherry Tomatoes 1, 5, 7, 9

Bananas

Tea

Cream of Vegetable & Lentil Soup served with Croutons 1, 7, 12

Satsumas

FRIDAY

Lunch

Minted Lamb & Pearl Barley Hotpot served with Pickled Beetroot 1, 12, 13

Petit Filous 7

Tea

Ploughman's Tea served with Crudites & Pickle 1, 7, 13 (6, 8)

Soreen Bar 1

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'