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 3

MONDAY

Lunch

Tomato, Sardine & Roasted Vegetable Pasta served with Garlic Bread 1, 7, 9

Watermelon

Tea

Gouda & Chorizo Flatbreads served with Cucumber Sticks 1, 7, 13 (*contains pork)

Petit Filous 7

TUESDAY

Lunch

Manchester Hotpot with Bury Black Pudding served with Pickled Vegetables 1, 7, 12, 13

Jam & Coconut Sponge & Custard 1, 6, 7

Tea

Baked Beans served with Toasted Muffins 1, 7

Melon Salad

WEDNESDAY

Lunch

Beef & Bean Chilli served with Jacket Potato, Grated Cheese & Sour Cream 1, 7, 12

Petit Filous 7

Tea

Vegetable Finger Wraps served with Sweetcorn Salsa 1

Satsumas

THURSDAY

Lunch

Cauliflower, Chickpea & Paneer Balti Pie served with Bombay New Potatoes & Raita 1, 5, 7, 13 (2, 3)

Bananas

Tea

Parsnip & Ginger Soup served with Rye Bread 1, 7 (5, 8, 12, 14)

Strawberry Yoghurt 7

FRIDAY

Lunch

Sweet & Sour Pork & Vegetables served with Wholewheat Noodles 1, 12, 13 (*contains pork)

Natural Yoghurt & Winter Berry Coulis 7

Tea

Sandwich Selection served with Cherry Tomatoes 1, 7, 12

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'