




WEEK 1 04/03, 01/04, 29/04, 27/05, 24/06	 CHAPEL STREET NURSERY SCHOOL				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK					
LUNCH	Potato, Lentil & Chick pea Korma with Brown Rice	Roast Lamb, Roast Potatoes, Carrots, Broccoli & Gravy	Spaghetti Bolognaise with Tomato, Pepper & Carrot Salad	Chicken Dippers, sweet potato wedges & corn on the cob with BBQ sauce	Cod & Spinach Fish pie with Peas & Cauliflower
VEG OPTION		Vegetable Sausages	Vegetable Bolognaise	Quorn Dippers	
DESSERT	Banana & Chocolate Cake with Custard	Ice Cream	Sultana Sponge & Custard	Strawberry Cheesecake	Bakewell Tart & Custard
AFTERNOON SNACK					
TEA	Homemade Chicken Burger in a Brown Roll & Coleslaw	Cheese & Tomato Quiche with Whole-wheat Spaghetti Hoops	Leek & Potato Soup with a Wholemeal Roll	Sausage & Baked Bean Pie with Cheesy Mash	Flour wraps with Tuna or Cheese & mixed salad
VEG OPTION	Bean Burger in a Brown Roll & Coleslaw			Tomato & Baked Bean Pie with Cheesy Mash	
DESSERT	Full Fat Fruit Yoghurts	Pineapple & Kiwi Slices	Apple & Raisin Cookies	Melon & Mango Slices	Lemon Cake

Water is served at all mealtimes and available in every room. Low fat spread, vegetable oil and reduced salt and sugar products are used. No salt is added during cooking.

WEEK 2 11/03, 08/04, 06/05, 03/06, 01/07	 CHAPEL STREET NURSERY SCHOOL				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK					
LUNCH	Sausages with Peppers & Onions in BBQ Sauce and Brown Rice	Cottage Pie, Topped with Sweet Potato Mash .Carrots, Cabbage & Gravy	Bean & Veggie Sausage Pasta Bake with Carrots	Sweet and Sour Chicken & Vegetables with Noodles	Salmon Fishcakes, Chips, Broccoli & Sweetcorn
VEG OPTION	BBQ Vegetarian Sausages	Vegetable Cottage Pie		Sweet & Sour Chick Peas & Vegetables	
DESSERT	Rhubarb & Apple Oaty Crumble with Custard	Rice Pudding with Sultanas & Fruit Puree	Pear & Chocolate Pudding with Custard	Mixed Berry Fool	Toffee & Date Sponge with Custard
AFTERNOON SNACK					
TEA	Cheese or Baked Bean Jacket Potatoes	Scrambled Egg with Ham on Wholemeal Toast	Chicken Dippers & Sweet Potato Wedges	Fish Cakes with Cucumber, Carrot & Pepper Sticks	Tuna, Ham or Cheese Sandwiches & Vegetable Sticks
VEG OPTION		Scrambled Egg on Wholemeal Toast	Quorn Dippers		
DESSERT	Melon & Mango Slices	Full Fat Fruit Yoghurts	Fruit Flapjacks	Pineapple & Melon Slices	Blueberry Muffins

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WEEK 3 18/03, 15/04, 13/05, 10/06, 08/07	 CHAPEL STREET NURSERY SCHOOL				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK					
LUNCH	Tuna & Sweetcorn in Tomato Sauce with Wholemeal Pasta	Roast Gammon, Roast Potatoes, Carrots, Cabbage & Gravy	Sausages & Mash With Onion Gravy, Peas & Cauliflower	Creamy Chicken & Mushroom Casserole with Vegetable Cous Cous	Vegetable Pizza With Salad
VEG OPTION		Roast Quorn Fillets	Vegetarian Sausages	Creamy Leek & Mushroom	
DESSERT	Eves Pudding & Custard	Eton Mess with Strawberries & Raspberries	Lemon Sponge & Custard	Manchester Tart	Fruit Cheesecake
AFTERNOON SNACK					
TEA	Beef Burger in a Wholemeal Bun with Mixed Salad	Macaroni Cheese with Sweetcorn & sliced Tomato	Jacket Potatoes With Cheese & Tuna	Sausage Rolls with Baked Beans	Wraps with Coronation Chicken or Cheese & mixed salad
VEG OPTION	Vegetable & Lentil Burger			Mixed Bean Paste Rolls	
DESSERT	Full Fat Fruit Yoghurts	Fruit Cookies	Sliced Melon & Pineapple	Sliced Melon & Mango	Lemon Drizzle Cake

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WEEK 425/02, 25/03,
22/04, 20/05,
17/06, 15/07**CHAPEL STREET NURSERY SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK					
LUNCH	Bean & Vegetable Goulash with White Rice	Mince & Onion Pie Boiled Potatoes Green Beans, Carrots & Gravy	Roast Chicken, Roast Potatoes, Parsnips, Broccoli & Gravy	Greek Pork Meatballs In Tomato Sauce With Pasta	Homemade Fish Fingers, Chips, Peas & Tomatoes
VEG OPTION		Vegetable & Lentil Pie	Vegetable sausage	Quorn Meatballs	
DESSERT	Plum & Apple Crumble with Custard	Chocolate Pudding with Milky Chocolate Sauce	Jelly with fresh fruit	Semolina & Fruit Puree	Banana & Raisin Cheesecake
AFTERNOON SNACK					
TEA	Potato & Spinach Frittata with Tomato & Cucumber	Ham and Mushroom Pasta	Tomato & Lentil Soup with Wholemeal Rolls	Chicken Nuggets, Potato Wedges & Corn on the Cob	Tuna or Egg Sandwiches with Vegetable sticks
VEG OPTION		Leek and Mushroom Pasta		Quorn Nuggets & Corn on the Cob	
DESSERT	Full Fat Fruit Yoghurts	Sliced Melon & Kiwi Fruit	Apple Muffins	Chocolate Cake	Sliced Pineapple & Mango

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