



# Mulberry Bush Nursery Group

## Menu

Week Comm.	Week No.
09/11/2009	1
16/11/2009	2
23/11/2009	3
30/11/2009	4
07/12/2009	1
14/12/2009	2
21/12/2009	3
28/12/2009	4
04/01/2010	1
11/01/2010	2
18/01/2010	3
25/01/2010	4
01/02/2010	1
08/02/2010	2
15/02/2010	3
22/02/2010	4
01/03/2010	1
08/03/2010	2
15/03/2010	3
22/03/2010	4
29/03/2010	1
05/04/2010	2
12/04/2010	3
19/04/2010	4
26/04/2010	1
03/05/2010	2
10/05/2010	3
17/05/2009	4
24/05/2010	1
31/05/2010	2
07/06/2010	3
14/06/2010	4
21/06/2010	1
28/06/2010	2
05/07/2010	3
12/07/2010	4

### Lunch

#### Week 1

<b>Monday</b>	Corned beef hash & carrots
<b>Tuesday</b>	Chicken tikka masala with brown rice & naan bread
<b>Wednesday</b>	Cottage pie & garden peas
<b>Thursday</b>	Fish fingers, mash, mushy peas
<b>Friday</b>	Vegetable pasta bake with salad & garlic bread

#### Week 2

<b>Monday</b>	Lamb curry, brown rice/mash & naan bread
<b>Tuesday</b>	Chicken, mash potato with vegetables & gravy
<b>Wednesday</b>	Baked bean pie
<b>Thursday</b>	Vegetable risotto with pasta sauce & garlic bread
<b>Friday</b>	Meat and potato pie & carrots

#### Week 3

<b>Monday</b>	Chilli & brown rice/mash with nachos
<b>Tuesday</b>	Cheesy fish pie with broccoli
<b>Wednesday</b>	Lamb moussaka with salad & garlic bread
<b>Thursday</b>	Vegetable hotpot
<b>Friday</b>	Sweet and sour chicken with noodles/rice

#### Week 4

<b>Monday</b>	Tuna pasta with tomato sauce & garlic bread
<b>Tuesday</b>	Lamb with vegetable couscous/rice/mash
<b>Wednesday</b>	Shepherds pie & mushy peas
<b>Thursday</b>	Chilli bean casserole
<b>Friday</b>	Chicken and butternut squash pie

### Dessert

Chocolate sponge & custard
Semolina
Yoghurt & oat biscuit
Cornflake tart
Oaty fruit crumble & custard

Vanilla Rice pudding
Sponge parkin
Apricot egg custard
Mini fruit cake
Yoghurt & oat biscuit

Apricot egg custard
Yoghurt & oat biscuit
Rice pudding with stewed fruit
Semolina
Oaty fruit crumble & custard

Yoghurt & oat biscuit
Manchester tart
Rice pudding & raisins
Mini fruit cake
Eves pudding & custard

### Tea

Potato cakes, cheese sticks, popcorn & fruit
Crumpets & veg sticks, popcorn & fruit
Vegetable and lentil soup, cheese sandwiches & fruit
Cream cheese bagels, veg sticks & fruit
Pitta bread with mint & cucumber dip & veg sticks & fruit

Cheese sandwiches & veg sticks, popcorn & fruit
Potato cakes, cheese sticks, popcorn & fruit
Pitta bread, cream cheese dip, veg sticks & fruit
Crumpets & veg sticks, popcorn & fruit
Leek and potato soup with cheese sandwiches & fruit

Cream cheese bagels, veg sticks, popcorn & fruit
Creamy tomato & basil soup, cheese sandwiches & fruit
Crumpets & veg sticks, popcorn & fruit
Pitta bread with mint & cucumber dip & veg sticks & fruit
Beans on toast, choice of fruit

Onion & potato soup, cheese sandwiches & fruit
Cream cheese bagels with veg sticks, popcorn & fruit
Crumpets & veg sticks, popcorn & fruit
Potato cakes, cheese sticks, popcorn & fruit
Tuna & cucumber pitta pockets, veg sticks & fruit

A snack of toast and milk is served each morning at 9am but this does not replace breakfast at home before nursery.

We use a selection of fruits and vegetables to make up a nutritional and well balanced diet.

Concealed vegetables are in some meals e.g. carrots, onions in corned beef hash

A similar vegetarian option will be offered on the days meat is being served

We provide pureed food for the youngest children.

All our soup is homemade with fresh vegetables.

No salt is added to the preparation of food.

Fish fingers are quality 100% fillet fish.

Popcorn is not sweetened or salted.

We use wholemeal bread and rice.



