

Seedling Nursery

SUMMER MENU 2024

Week 1	Lunch	Afternoon Tea
Monday	Feta, grape and barberries salad with cumin and lime (V)	Ploughman's Lunch (V)
	Garlic parmesan white beans (V)	Strawberry oat mousse (V)
Tuesday	Gazpacho (V)	Chorizo, orzo and sweetcorn summer stew
	BBQ pulled pork with cornmeal mush and mixed vegetable	Date and raisin cake (V)
Wednesday	Nana Bread (V)	Chickpea shakshuka with warm bread (V)
	Rajam Curry with rice (V)	Lemon drizzle cake (V)
Thursday	Green pea and mint dip with nachos (V)	New potato and egg salad (V)
	Spicy chicken couscous	Vegan panna cotta (V)
Friday	Thai corn fritters (V)	Baked beans and Jacket potato
	Thai prawn green curry with rice	Shortcake Biscuit (V)

Week 2	Lunch	Afternoon Tea
Monday	Cucumber salad with soy sauce and honey (V)	Stuffed rainbow sandwiches (V)
	Salmon with sweet potato mash and miso coconut sauce	Strawberry oat mousse (V)
Tuesday	Coronation chickpeas (V)	Pineapple egg fried rice (V)
	Meatloaf served with pea and potatoes	Date and raisin cake (V)
Wednesday	Vegan coleslaw (V)	Summer pasta salad (V)
	Five Bean chili served with brown rice (V)	Lemon drizzle cake (V)
Thursday	Garlic Bread (V)	Sticky turkey lettuce wraps
	Sausage and fennel risotto	Vegan panna cotta (V)
Friday	Summer vegetable with dill and mustard dip (V)	Fish finger, potato wedges and baked beans
	Central American style spiced cottage pie with garlic peas	Shortcake Biscuit (V)

Breakfast is on offer between 8:00 - 8:45; with a selection of cereals, porridge and wholemeal toast

Snacks are served twice a day where milk is on offer with a selection of: Crackers and a choice of fruit

All our dishes are freshly prepared onsite. None of our dishes contain added salt or sugar.