

Seedling Nursery

Winter 2020 Menu - Week One

	Lunch	Afternoon Tea
Monday	Shepherd's Pie (lamb)	Egg & mozzarella Frittata (V)
	Banana and cream	Fruit Flapjacks
Tuesday	Tomato Curry with Coconut rice (V)	Spaghetti with Marmite (V)
	Apple pie	Peaches
Wednesday	Salmon Bake	Chickpea Curry (V)
	Carrot cake	Yogurt
Thursday	Sausage Casserole	Baked Beans on toast
	Date rice pudding	Fruit loaf
Friday	Chicken and tarragon pasta	Tuna wraps
	Fruit Crumble	Fruit cocktail

Winter 2020 Menu - Week Two

	Lunch	Afternoon Tea
Monday	Fish pie	Cream cheesy pea pasta (V)
	Banana and cream	Fruit Flapjacks
Tuesday	Leek and potato pie (V)	Fish fingers or veg finger sandwiches
	Apple pie	Peaches
Wednesday	Oven Chicken, wedges and peas	Cheese on toast
	Carrot cake	Yogurt
Thursday	Vegetable curry with roti bread (V)	Rice and bean soup
	Date rice pudding	Fruit loaf
Friday	Tuna and Orzo Pasta (V)	Jacket Potato and beans
	Fruit Crumble	Fruit cocktail

Breakfast is on offer between 8:00 - 8:45; with a selection of cereals and toast (hot porridge over the winter months)
 Snacks are served twice a day where milk is on offer with a selection of the following: Oatcakes, Crackers, Rich Teas, Crumpets, Wholemeal Toast, Rice Cakes or Bread Sticks and a choice of fruit (Bananas, Grapes, Oranges, Apples, Pears, Raisins or seasonal fruit)

All our dishes are freshly prepared onsite and are adapted for individual requirements as necessary. None of our dishes contain added salt and are low in sugar