

# Seedling Nursery

## WINTER MENU 2021 Menu - Week One

	Lunch	Afternoon Tea
Monday	Fish or Veggie Pie with vegetables	Italian Tomato Pasta Soup (V)
	Pineapple Cake	Yogurt or Soya Yog
Tuesday	Vegetable Lasagne (V)	Homemade Pizza with crudites (V)
	Banana Loaf	Fruit Cocktail
Wednesday	Pea and Mushroom Risotto (V)	Beans on toast (V)
	Apple Pie	Peaches and Granola
Thursday	Lamb or Quorn couscous with green beans	Broccoli Quiche with coleslaw(V)
	Yogurt Ice cream	Fruit Smoothie
Friday	Roast Chicken dinner or Quorn roast	Tuna and sweetcorn pasta bake
	Orange and date sweetbread	Semolina

## Menu - Week Two

	Lunch	Afternoon Tea
Monday	Kedgerree or Vedgerree	Eggs or beans on toast (V)
	Pineapple Cake	Yogurt or Soya Yog
Tuesday	Cauliflower and Pea Macaroni cheese (V)	Cheese or Vegan cheese on toast(V)
	Banana Loaf	Fruit Cocktail
Wednesday	Chicken or Chickpea Tomato Jambalaya	Fish or Veg fingers & crispy potatoes
	Apple Pie	Peaches and Granola
Thursday	Lentil chilli and wedges (V)	Chicken or Quorn Sweetcorn soup
	Yogurt Ice cream	Fruit Smoothie
Friday	Spaghetti and meatballs or veg balls	Sausage or Veg sausage and beans
	Orange and date sweetbread	Semolina

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

# Seedling Nursery

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

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)

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