

Nursery Menu August 2024

Weeks commencing: Aug - 19th, Sept - 9th, 30th, Nov - 4th, 25th, Dec - 16th, Jan - 20th, Feb - 10th

## NURSERY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Homemade vegetable soup	Homemade lentil soup	Homemade carrot and parsnip soup	Homemade Tomato soup	Homemade Split pea soup
<b>Option one</b>	Savoury chicken and rice, garlic Bread, seasonal vegetables and sweetcorn	Chicken sausage roll, seasonal vegetables and baked beans with couscous	Pasta Carbonara seasonal vegetables and broccoli	Roast chicken with stuffing, roast potatoes and gravy Seasonal vegetables and peas	Poached or steamed haddock served with potatoes, carrots and seasonal vegetables served with a white sauce
<b>Option two</b>	Savoury vegetable bake garlic Bread, seasonal vegetables and sweetcorn	Vegetarian sausage roll, seasonal vegetables, baked beans and couscous	Vegetable and cheese pasta seasonal vegetables and broccoli	Plant based chicken with, stuffing, roast potatoes and gravy Seasonal vegetables and peas	Fishless fingers served with potatoes, carrots and seasonal vegetables served with a white sauce
<b>Sandwich option 1</b>	Orkney Cheddar cheese sandwich	Tuna mayonnaise roll	Ham sandwich	Turkey sandwich	Chicken mayonnaise sandwich
<b>Sandwich option 2</b>	Ham sandwich	Cheese and biscuits with grapes	Egg sandwich	Soft cheese and cucumber sandwich	Banana sandwich
<b>Desert</b>	Yoghurt (various)	Chocolate orange muffin or yoghurt (various)	Golden acre yoghurt (various)	Angel Delight or Yoghurt (various)	Yoghurt (various)
<b>Fruit</b>	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available
Medical Diet - if you have any medically certified dietary requirements, please contact the Head cook or School Admin					

WEEKS COMMENCING: Aug - 26th, Sept - 16th, Oct - 7th, Nov - 11th, Dec 2nd, Jan - 6th, 27th,

## NURSERY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Homemade lentil soup	Homemade sweet potato and coconut soup	Homemade vegetable soup	Homemade tomato soup	Homemade pea soup
<b>Option one</b>	Sausages with potatoes, peas and sweetcorn	Cheesy turkey pasta with broccoli and cauliflower	Poached or steamed Orkney haddock, potato, carrots and green beans	Homemade lasagna with garlic bread, seasonal vegetables and coleslaw	Homemade chicken curry, Seasonal vegetables, with rice and naan bread
<b>Option two</b>	Mixed bean casserole with potatoes, peas and sweetcorn	Tuscan bean pasta with broccoli and cauliflower	Fishless fingers, potato, carrots and green beans	Vegetable moussaka with garlic bread, seasonal vegetables and coleslaw	Homemade chickpea curry Seasonal vegetables, with rice and naan bread
Sandwich option 1	Roast beef sandwich	Coronation chicken sandwich	Turkey sandwich	Ham wrap	Salmon sandwich
Sandwich option 2	Cheese sandwich	Banana sandwich	Cheese sandwich	Meat free chicken and mayonnaise wrap	Sliced egg sandwich
Pudding	Chocolate banana sponge or yoghurts (various)	Golden acre yoghurt (various)	Yoghurt (various) / homemade fruit flapjack	Jelly or yoghurt (various)	Yoghurt (various)
<b>Fruit</b>	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available
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WEEKS COMMENCING: Sept - 2nd, 23rd, Oct - 28th, Nov - 18th, Dec - 9th, Jan - 13th, Feb - 3rd

## NURSERY

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup choice</b>	Homemade sweet potato soup	Homemade lentil soup	Homemade vegetable soup	Homemade carrot and parsnip soup	Homemade tattie and leek soup
<b>Main course meat</b>	Chicken burger in a roll, served with carrots and sweetcorn	Mince and tatties served with cauliflower and green beans	Roast pork and Yorkshire pudding, roast potatoes, carrots and seasonal vegetables	BBQ chicken served with noodles, sweetcorn and broccoli	Poached salmon served with tatties, seasonal vegetables, peas and salad
<b>Main course Vegetarian or Vegan</b>	Vegetarian burger in a roll, served with carrots and sweetcorn	Quorn mince and tatties served with cauliflower and green beans	Lentil patties and Yorkshire pudding, roast potatoes, carrots and seasonal vegetables	BBQ Quorn and roasted vegetables in tomato sauce, served with noodles, sweetcorn and broccoli	Cheese and tomato pizza served with seasonal vegetables, peas and salad
<b>Sandwich choice meat / fish</b>	Turkey sandwich	Ham roll	Roast beef sandwich	Tuna sandwich	Chicken wrap
<b>Sandwich choice vegetarian</b>	Egg sandwich	Cheese roll	Banana sandwich	Soft cheese and cucumber sandwich	Plant based chicken wrap
<b>Pudding</b>	Yoghurt	Scotch pancakes or yoghurt	Ice cream with berry compote or yoghurt	Apple crumble or yoghurt	Yoghurt
<b>Fruit</b>	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available
Medical Diet - if you have any medically certified dietary requirements, please contact the Head cook or School Admin					