

Belmont Farm Nursery School Menu October- March

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.				
Morning Snack	Pitta and tuna dip V- Pitta and Cheese	Veggie fingers with Butterbean dip	Homemade fruit oat bar	Breadsticks with cream cheese and cucumber	Toast with DF margarine
Lunch	Turkey mince with quinoa and mixed vegetables V- Quorn mince	Tofu and veg stir fry with noodles	Fish Ratatouille with potato V- Polenta Ratatouille	Chicken Korma with rice V- Vegetable Korma	Spaghetti Meatballs with carrots V- Quorn meatballs.
Dessert	Yoghurt	Fruit cobbler	Fruit stew	Carrot muffin	Banana Bread
Afternoon Snack	Veggie fingers with beetroot dip	Toast with cream cheese and cucumber	Breadsticks with bean dip	Bagel with Tzatziki	Oatcakes and cheese slices
Tea	African sweet potato stew served with bread	Homemade chicken nuggets with vegetable croquettes V- Quorn nuggets	Jacket potato with Tuna and sweetcorn V- Jacket potato with cheese and beans	Bean and rice burrito	Lentil and broccoli pasta bake
Dessert	Mixed fruit salad	Healthy pancakes	Rice pudding	Baked apples	Mixed melon

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.				
Morning Snack	English muffin with cream cheese and cucumber	Veggie fingers with hummus	Pitta and tuna dip V- Pitta and Cheese	Rice cake	Toast with DF margarine
Lunch	Beef and vegetable curry V- Vegetable curry	Chicken and leek hotpot V- Vegetarian hotpot	Vegetable Lasagne	Cod with cheese sauce, new potatoes, and peas V- Stuffed aubergine	Vegetable Dahl
Dessert	Peach and pear fingers	Banana rice pudding	Poached apple	Pineapple slices with Greek yoghurt	Healthy banana muffins
Afternoon Snack	Breadsticks with bean dip	Oatcakes and cheese slices	Veggie fingers and butterbean dip	Crackers and pepper sticks	Crackers with cream cheese
Tea	Macaroni cheese with peas	Homemade fish cake with green mash V- Sweet potato and bean cakes	Jacket potato with beef chilli V- Jacket potato with vegetarian chilli	Broccoli pasta with tomatoes	Salmon Teriyaki with rice V- Teriyaki Tofu
Dessert	Strawberry yoghurt	Fruit stew	Watermelon slices	Homemade oat cookie	Baked apples

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.				
Morning Snack	Toast with DF margarine	English muffin with cream cheese and cucumber	Veggie fingers with beetroot dip	Pitta and tuna dip V- Pitta and cheese	Rice cake
Lunch	Chicken with leek and potato V- Quorn fillet	Salmon and Vegetable risotto V- Mushroom and spinach risotto	Vegetable stir fry with Egg rice	Beef hotpot V- Vegetarian hotpot	Roast chicken and root vegetable mash V- Quorn fillet
Dessert	Pear crumble	Apple Pie	Courgette cake	Yoghurt	Mixed Fruit salad
Afternoon Snack	Oatcakes and cheese slices	Crackers and pepper sticks	Breadsticks with bean dip	Veggie fingers with hummus	Toast with cream cheese and cucumber
Tea	Fish goujons with sweet potato patties V- Vegetable fingers	Cheese and mushroom omelette	Chicken noodle stew V- Root and lentil stew	Cheese and broccoli quiche	Tuna and sweetcorn Pasta V- Cheese and sweetcorn pasta.
Dessert	Fruit medley with yoghurt	Mixed melon	Apple and rhubarb strudel	Healthy pancakes	Lemon traybake

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.				
Morning Snack	Rice cake	Toast with DF margarine	Pitta and tuna dip V- Pitta and cheese	Veggie fingers with butterbean dip	English muffin with cream cheese and cucumber
Lunch	Chicken and vegetable casserole V- Bean and Vegetable casserole	Fish pie with cabbage V- Cheese, onion and potato pie.	Spaghetti Bolognese V-Vegetable Bolognese	Chicken and pea bake. V- Cauliflower and pea bake	Lentil and tomato risotto
Dessert	Healthy flapjacks	Steamed apple and pear	Banana bread	Peach slices	Fruit tart
Afternoon Snack	Veggie fingers and hummus	Breadsticks and bean dip	Oatcakes and cheese slices	Toast with cream cheese and cucumber	Crackers with peppers sticks
Tea	Pepper and sweetcorn omelette	Homemade burgers with sweet potato fingers and pepper sticks V- Vegetarian burgers	Chicken meatballs, Cous Cous and broccoli V- Vegetarian meatballs	Homemade pizza with pepper sticks	Homemade fish nuggets with potato wedges and carrots V- Vegetable fingers
Dessert	Banana slices	Fruity oat slice	Mixed fruit salad	Strawberry Yoghurt	Greek yoghurt and fruit compote