



## Belmont Farm Nursery School Menu – March – August 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit. Allergen free cereal options available.				
Morning Snack	Rice cakes	Oatcakes with red pepper dip and cucumber sticks	Rice cakes	Savoury breakfast muffins	Crackers, spinach cream cheese Dairy free spinach cream cheese
Lunch	Tuna tagliatelle with a side of steamed vegetables Mushroom and pepper tagliatelle with a side of steamed vegetables	Chicken, tomato, and broccoli orzo Lentil, bean, tomato, and broccoli orzo	Turkey, vegetable, and penne bolognese Lentil, vegetable, and penne bolognese	Kidney bean and Mediterranean vegetable stew with cous cous	Salmon with garlic potato's, steamed asparagus and red cabbage Tofu with garlic potato's, steamed asparagus and red cabbage
Dessert	Greek Yogurt with pear compote Dairy free yogurt	Peach slices	Mixed berry cobbler	Vegan courgette cake	Watermelon slices
Afternoon Snack	Beetroot hummus, carrot sticks and breadsticks	Bagels with Tzatziki Free from bagel and dairy free Tzatziki	Breadsticks with onion and chive soft cheese dip Breadsticks with dairy free onion and chive soft cheese dip	Guacamole with tortillas	Homemade coconut oat bar
Tea	Jacket potato with cheese and beans Jacket potato with dairy free cheese and beans	Courgette, sweetcorn and pepper frittata Courgette, sweetcorn, and pepper fritter	Fish and potato pie with peas Mushroom and pea potato pie	Hearty chicken pie with carrot mash Hearty quorn pie with carrot mash	Spinach, sweet potato, and lentil dhal with wholemeal chapatti
Dessert	Healthy Pancakes	Zesty oat bar	Mixed fruit stew	Poached apples	Bread and butter pudding

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit -Allergen free cereal options available.				
Morning Snack	Rice cakes	Breadsticks with beetroot dip and cucumber sticks	Rice cakes	Savoury breakfast muffins	Crumpets
Lunch	Vegetarian jambalaya with carrot mash	Chicken and vegetable korma with basmati rice Vegetarian korma with basmati rice	Turkey lasagne with green beans Mushroom and lentil lasagne with green beans Turkey dairy free lasagne with green beans	Roast chicken, roasted potato bites with vegetables and gravy Roasted jackfruit, roast potato bites with vegetables and gravy	Fish and potato pie with peas Mushroom and pea potato pie
Dessert	Pear compote with Greek yogurt Dairy free yogurt	Homemade plum and cherry pie	Orange polenta cake Gluten free orange polenta cake	Banana rice pudding Dairy free banana rice pudding	Strawberry yogurt Dairy free strawberry yogurt
Afternoon Snack	Savoury carrot muffins	Salsa, cucumber, and tortillas	Spinach hummus with pitta bread	Oatcakes with minty cream cheese Oatcakes with dairy free minty cream cheese	Water biscuits and red leicester cheese bites
Tea	Beef shepherds pie with peas Vegetable shepherds pie with peas	Glazed teriyaki salmon with mixed vegetable and noodles Glazed teriyaki jackfruit with mixed vegetables and noodles	African sweet potato stew with vegetables	Broccoli, pea, and cauliflower penne pasta bake	Lamb and vegetable biryani Lentil and vegetable biryani
Dessert	Mixed fruit stew	Malt loaf and banana slices	Peach slices	Cherry puff pie	Mixed melon



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit -Allergen free cereal options available.				
Morning Snack	Rice cakes	Pitta bread with red pepper dip Free from pitta bread with red pepper dip	Rice cakes	Apple, and coconut muffins	Blueberry oat muffins
Lunch	Chicken tikka masala with basmati rice Quorn tikka masala with basmati rice	Mushroom, courgette, and mozzarella risotto Mushroom, courgette and dairy free mozzarella risotto	Chicken, tomato, and broccoli orzo Lentil, bean, tomato, and broccoli orzo	Tuna tagliatelle with a side of steamed vegetables Vegetable tagliatelle with a side of steamed vegetables	Roast chicken, carrot and swede mash with vegetables and gravy Roasted jackfruit, carrot and swede mash with vegetables and gravy
Dessert	Apple slices with Greek yogurt Apple slices with dairy free yogurt	Fruity berry pie	Watermelon slices	Cinnamon rice pudding Cinnamon dairy free rice pudding	Pear compote with Greek yogurt Pear compote with dairy free Greek yogurt
Afternoon Snack	Homemade salsa and tortilla	Crackers with cheese sticks and pepper sticks Crackers with dairy free cheese sticks and pepper sticks	Ginger puff biscuits	Breadsticks with beetroot dip and cucumber sticks	Crackers with minty cream cheese and carrot sticks Crackers with dairy free minty cream cheese and carrot sticks
Tea	Jacket potato with tuna sweetcorn Jacket potato with cheese and beans	Beef and vegetable stir fry and noodles Tofu and vegetable stir fry with noodles	Salmon with garlic potato's and steamed vegetables Tofu with garlic potato's and steamed vegetables	Homemade sweetcorn and mushroom pizza Homemade sweetcorn and mushroom dairy free cheese pizza	Jollof rice with lamb and peas Jollof rice and roasted vegetables with peas
Dessert	Mixed melon	Zesty oat bar	Bread and butter pudding	Healthy pancakes	Malt loaf and banana slices

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit -Allergen free cereal options available.				
Morning Snack	Rice cakes	Breadsticks with beetroot dip and cucumber sticks	Rice cakes	Crackers, spinach cream cheese Crackers and dairy free spinach cream cheese	Pitta bread with red pepper dip Free from pitta bread with red pepper dip
Lunch	Fish and potato pie with peas Mushroom and pea potato pie	Lamb and vegetable biryani Lentil and vegetable biryani	Chicken korma with basmati rice Vegetarian korma with basmati rice	Cod jambalaya with carrot mash Vegetable jambalaya with carrot mash	Beef spaghetti Bolognese Vegetarian spaghetti bolognese
Dessert	Pear compote with Greek yogurt Dairy free yogurt	Homemade plum pie	Fruit stew	Fresh strawberries	Date infused rice pudding Date infused dairy free rice pudding
Afternoon Snack	Savoury carrot muffins	Oatcakes with minty cream cheese Oatcakes with dairy free minty cream cheese	Malt loaf and banana slices	Guacamole with tortillas	Water biscuits and red Leicester cheese bites
Tea	Chicken, broccoli, and sweetcorn pasta bake Quorn, broccoli, and sweetcorn pasta bake	Mixed bean chill with potato wedges and homemade coleslaw	Macaroni and cheese with green beans and sweetcorn Dairy free macaroni and cheese with green beans and sweetcorn	Homemade pepper and mushroom pizza Homemade pepper and mushroom dairy free cheese pizza	Tuna puff pastry twists with vegetable sticks Cheese and tomato puff pastry twists with vegetable sticks
Dessert	Mixed fruit stew	Coconut muffins	Soft ginger puffs	Date and banana loaf	Zesty flapjacks

- ⇒ Vegetarian – Meat and fish free
- ⇒ Pescatarian – Meat free
- ⇒ Allergy option available