



Belmont Farm Nursery School Menu – 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes	Breadsticks with beetroot hummus	Rice cakes	Corncakes with fresh salsa	English muffins
Lunch	Pasta Primavera	Thai green chicken/ Dopsu chicken curry with wholegrain rice	Vegetable Paella with pea mash	Chicken / Dopsu chicken tikka masala with wholegrain rice	Fisherman's/ Mushroom, lentil pie with green beans
Dessert	Mango slices with yogurt	Seasonal fruit salad	Strawberries and cream	Pineapple slices	Peaches and yogurt
Afternoon Snack	Water biscuits with pepper sticks	Crispbread with cream cheese	Cucumber sticks and carrot batons	Wholemeal pitta with red pepper dip	Breadsticks and cucumber sticks
Tea	Fish cakes/Vegetable goujons with sweet potato and sweetcorn	Homemade turkey burgers / Meatless mince burgers with Quinoa and chunky coleslaw	Tuna / Tofu and sweetcorn pasta with mediteranean salad	Macaroni and cheese with vegetable sticks	Beef / Meatless farm mince vegetable stir fry with noodles
Dessert	Cinnamon pinwheels	Mixed berry mousse	Apple crumble	Blackberry sorbet	Banana bread

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes	Breadsticks and cucumber sticks	Rice cakes	Oatcakes with minty cream cheese	Buttered bagels
Lunch	Tuna/Tofu , pea and sweetcorn pasta bake with mediteranean salad	Turkey / Mixed beans , broccoli and cous cosu	Chicken/ Quorn korma with wholegrain rice	Vegetable Paella with pea mash	Lamb / Meatless farm & co mince biryani with peas
Dessert	Apple crumble	Seasonal fresh fruit salad and yogurt	Peach slices	Pear crumble	Malt loaf
Afternoon Snack	Water biscuits and beetroot dip	Tortilla with Mexican corn dip	Crackers with red pepper dip	Water biscuits with cucumber sticks	Breadsticks and fresh salsa
Tea	Roasted summer vegetable and mascarpone risotto	Mushroom, pepper and sweetcorn mozzarella pizza with baked beans	Fish cakes/Vegetable goujons with mashed potatoes and sweetcorn	Jacket potato with tuna sweetcorn mayo/cheese and sweetcorn with a mixed bean salad	Pulled chicken / Dopsu chicken and pepper fajitas with sweet potato wedges
Dessert	Mango slices	Cinnamon pinwheels	Banana slices	Pineapple slices	Mango mousse



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes	Cucumber sticks and apple slices	Rice cakes	Breadsticks with cheese sticks	Crumpets
Lunch	Chicken / Dopsu chicken with vegetable dhansak and coconut rice	Fisherman's/ Mushroom, lentil pie with green beans	Roasted summer vegetable and mascarpone risotto	Thai green chicken/ Dopsu chicken curry with wholegrain rice	Lamb / Meatless Farm mince koftas with rainbow vegetable cous cous and mint yogurt dressing
Dessert	Malt loaf	Pear crumble	Vegan courgette cake	Zesty oatbar	Strawberries
Afternoon Snack	Water biscuits with red pepper dip	Bread sticks and beetroot dip	Pitta pockets with garlic and onion cream cheese	Tortillas with fresh salsa	Oatcakes with carrot batons
Tea	Mini beef / Mushroom and lentil wellingtons with mixed bean coleslaw	Macaroni and cheese with broccoli and cauliflower	Salmon / Tofu stir fry with noodles	Mushroom, pepper and sweetcorn mozerlla pizza with baked beans	No pine pesto, butterbean and broccoli orzo
Dessert	Mixed melon	Watermelon slices	Cinnamon pinwheels	Mango slices and yogurt	Mixed berry mousse

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes	Carrot batons and cucumber sticks	Rice cakes	Crackers and pepper sticks	Crumpets
Lunch	Fisherman's/ Mushroom, lentil pie with green beans	Pasta Primavera	Chicken/ Quorn korma with basmati rice	No pine pesto, butterbean and broccoli orzo	Chicken/ Quorn , broccoli, and sweetcorn pasta bake
Dessert	Strawberries and cream	Banana bread	Mixed berries with cream	Apple crumble	Vegan beetroot cake
Afternoon Snack	Crispbread with smashed avocado	Oatcakes with minty cream cheese	Wholemeal pitta with red pepper dip	Water biscuits with cucumber slices	Cornckaes with fresh salsa
Tea	Pulled chicken / Dopsu chicken and pepper fajitas with sweet potato wedges	Jacket potato with tuna sweetcorn mayo/ cheese and sweetcorn with a mixed bean salad	Homemade turkey burgers / Meatless burgers with Quinoa and chunky coleslaw	Fish cakes / Vegetable goujons with mashed potatoes and sweetcorn	Mini beef / Mushroom and lentil wellingtons with mixed bean coleslaw
Dessert	Peach slices	Zesty oat bar	Malt loaf	Mango mousse	Mixed melon

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**