



## Belmont Farm Nursery School Winter Menu

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, cream cheese and vegetable sticks				
Lunch	Creamy salmon/tofu and pea risotto	Chicken / Dopsu chicken Tikka Masala with wholegrain rice	Lamb / chickpea and mediterranean vegetable tagine with cous cous	Vegetable spaghetti Bolognese with grated carrot	Garlic roast chicken/Dopsu chicken, roast potatoes with vegetables and gravy
Dessert	Apple crumble	Peach slices	Vegan courgette cake	Pineapple slices	Yogurt
Afternoon Snack	Toasted bagels	Breadsticks with red pepper hummus	Crackers and fresh salsa	Warm flatbread with zesty hummus	Oat cakes apple slices
Tea	Beef / Meatless farm & co mince chilli con carne with sweet potato wedges with crème fraiche	Mushroom, pepper and sweetcorn mozzarella pizza with baked beans	Fisherman's/ Mushroom, lentil pie with steamed cabbage	Macaroni and cheese with peas	Cod / tofu ratatouille with new potatoes
Dessert	Banana slices	Mixed fruit stew	Melon Medley	Poached cinnamon pears	Raspberry pinwheels

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, cream cheese and vegetable sticks				
Lunch	Vegetable spaghetti Bolognese with grated carrot	Beef/ Meatless mince and vegetable stir fry and noodles	Macaroni & cheese with peas	Chicken/Quorn tikka masala with wholemeal rice	Lamb / chickpea and mediterranean vegetable tagine with cous cous
Dessert	Mango compote with yogurt	Malt loaf	Berry crumble	Watermelon slices	Pineapple slices
Afternoon Snack	Pitta bread with beetroot hummus	Crispbread and smashed avocado	Crackers and apple slices	Oatcake with zesty hummus	Crackers and fresh salsa
Tea	Hearty chicken / chickpea and vegetable pie with pea mash	Egg and vegetable fried rice	Fish cakes/Vegetable goujons with mashed potatoes and sweetcorn	Mixed vegetable teriyaki stir fry and noodles	Jacket potato with tuna sweetcorn mayo/cheese and sweetcorn and edamame beans
Dessert	Mixed fruit stew	Banana slices	Peach slices	Coconut oat bar	Melon Medley



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, cream cheese and vegetable sticks				
Lunch	Thai green Chicken / <b>Dopsu chicken</b> curry with wholegrain rice	<b>Fisherman's/ Spinach and lentil</b> pie with steamed cabbage	Chicken/ <b>Quorn</b> , tomato, and broccoli orzo	<b>Tuna/mixed bean</b> tagliatelle with a side of steamed vegetables	Vegetable spaghetti Bolognese with grated carrot
Dessert	Pear compote with yogurt	Berry crumble	Watermelon	Zesty oat bar	Lemon loaf
Afternoon Snack	Breadsticks with zesty hummus	Crackers with fresh salsa	Buttered bagels	Breadsticks with feta cheese	Oatcakes with beetroot hummus
Tea	Jacket potato with <b>tuna</b> sweetcorn mayo/ <b>cheese and sweetcorn</b> and edamame beans	Mushroom, pepper and sweetcorn mozzarella pizza with baked beans	Beef / <b>Meatless mince</b> chilli con carne with sweet potato wedges with crème fraiche	Egg and vegetable fried rice	Hearty chicken / <b>chickpea</b> and vegetable pie with pea mash
Dessert	Mango slices	Malt loaf	Raspberry pinwheels	Fruit stew	Banana slices

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, cream cheese and vegetable sticks				
Lunch	<b>Fisherman's/ Mushroom, lentil</b> pie with steamed cabbage	Macaroni and cheese with peas	Chicken/ <b>Dopsu chicken</b> korma with basmati rice	Beef / <b>Meatless Farm &amp; Co mince</b> spaghetti Bolognese	Mixed vegetable teriyaki stir fry and noodles
Dessert	Pear compote with yogurt	Malt loaf	Fruit stew	Zesty oat bar	Vegan beetroot bake
Afternoon Snack	Pitta bread with roasted tomato hummus	Crackers with apple slices	Buttered bagels	Warm flatbread with zesty hummus	Crispbread with smashed avocado
Tea	Egg and vegetable fried rice	Lamb / <b>Meatless Farm &amp; Co mince</b> and vegetable biryani	Vegetable stir fry with egg noodles	<b>Cod/lentil</b> jambalaya with carrot mash	Chicken/ <b>Quorn</b> , broccoli, and sweetcorn pasta bake
Dessert	Berry crumble	Lemon loaf	Oat bar	Raspberry pinwheels	Cinnamon poaches pears

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**