



## 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	Seasonal fruit & vegetable crudités				
Lunch	Chinese Style Egg & Vegetable Fried Rice	Pesto Butterbean Broccoli Pasta	Moroccan Lamb/ <b>Chickpea</b> & Mediterranean Vegetable Tagine	<b>Teriyaki Salmon</b> / <b>Tofu</b> mixed Vegetable Wholegrain Rice	Garlic Roast Chicken/ <b>Quorn</b> Roast Potatoes with Veg & Gravy
Dessert	Banana with Greek Yoghurt	Peach Slices With Cream	Melon Medley	Poached Cinnamon Pears with Custard	Malt Loaf
Afternoon Snack	Toasted Bagels	Bread sticks with Red Pepper Hummus	Crackers & Cheese Sticks	Oat Cakes & Apple Slices	Warm Flat Bread with Zesty Hummus
Tea	<b>Beef/Meatless Mince</b> Chilli Con Carne with Potato Wedges & Crème Fraiche	Mushroom, Pepper, Sweetcorn & Mozzarella Pizza with Baked Beans	<b>Fish/Lentil</b> & Spinach Pie with Steamed Cabbage	Macaroni Cheese with a Panko Crust served with Peas & Sweetcorn	Baked Potatoes <b>Tuna/Cheese</b> Sweetcorn
Dessert	Apple Crumble	Oat Bars	Apple Cinnamon Puffs	Vegan Beetroot Cake	Clementine Polenta Cake

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	Seasonal fruit & vegetable crudités				
Lunch	<b>Beef/Meatless Mince</b> Veg Stir fry Noodles with Edamame Beans	Macaroni Cheese with a Panko Crust served with Peas & Sweetcorn	<b>Vegetable Spaghetti Bolognese</b> with Garlic Ciabatta	Chicken/ <b>Quorn</b> Tikka Masala with Wholegrain Rice	Moroccan Lamb/ <b>Chickpea</b> & Mediterranean Vegetable Tagine
Dessert	Mango Compote with Natural Yoghurt Yoghurt & Raspberry Coulis	Winter Berry Crumble	Coconut Oat Bar	Baked Apple & Cinnamon Cake	Raspberry Pin Wheels
Afternoon Snack	Pitta Bread with Red Pepper Hummus	Crisp Bread smashed Avocado	Oat Cakes & Apple Slices	Carrot sticks & Cucumber sticks with Rice Cake	Tortilla with fresh Tomato Salsa
Tea	Hearty Chicken/ <b>Chickpea</b> & Vegetable Pie with Green Beans	Chinese Style Egg & Vegetable fried Rice	<b>Fishcakes/Garlic &amp; Mushroom Bakes</b> with Cauliflower & Broccoli Cheese	<b>Salmon/Tofu</b> Sweetcorn Pasta Bake	Baked Potatoes <b>Vegetable Chilli</b> & Cheese
Dessert	Banana Bread	Fresh Fruit Salad	Mixed Melon	Peach Slices With Cream	Mango Compote with Natural Yoghurt

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**



## Belmont Farm Nursery School Winter Menu

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	Seasonal fruit & vegetable crudités				
Lunch	Fishcakes/Garlic & Mushroom Bakes with Cauliflower & Broccoli Cheese	Pesto Butterbean Broccoli Pasta	Chicken/Quorn Vegetable Dhansak with Coconut Rice	Pene Bolognese Beef/Meatless Mince	Chicken/Quorn Tomato Broccoli Orzo
Dessert	Peach Slices With Cream	Banana with Greek Yoghurt	Poached Cinnamon Pears with Custard	Melon Medley	Vegan Beetroot Cake
Afternoon Snack	Pitta Bread with Red Pepper Hummus	Breadsticks with Tomato with Feta Cheese	Toasted Bagels	Warm Flat Bread with Zesty Hummus	Crisp Bread Smashed Avocado
Tea	Lamb/Meatless Mince Biryani with Carrots	Oven Baked Cod/Mixed Beans in Passata with Couscous	Meatless Mince Cottage Pie & Peas	Teriyaki Salmon/Tofu mixed Vegetable Wholegrain Rice	Baked Potatoes Tuna/Cheese Sweetcorn
Dessert	Apple Crumble	Clementine Polenta Cake	Oat Bars	Raspberry Pin Wheels	Pears with Yoghurt

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	Seasonal fruit & vegetable crudités				
Lunch	Chicken/Quorn Korma with Basmati Rice	Beef/Meatless Mince Chilli Con Carne with Potato Wedges & Crème Fraiche	Meatless Mince Vegetable Stir fry Noodles with Edamame Beans	Tuna/Lentil & Sweetcorn Pasta Bake	Hearty Chicken/Chickpea & Vegetable Pie with Green Beans
Dessert	Pears with Yoghurt	Peach & Oat Cobbler	Coconut Oat Bar	Stewed Apples	Pineapple Chunks
Afternoon Snack	Carrot & Celery Sticks with Lemon Hummus	Crackers & Cheese Sticks	Toasted Butter Crumpets	Pitta Bread with Feta Cheese	Oat Cakes & Apple Slices
Tea	Mushroom, Pepper, Sweetcorn & Mozzarella Pizza with Baked Beans	Chicken/Quorn Tomato Broccoli Orzo	Fish/Lentil & Spinach Pie with Steamed Cabbage	Mini Beef/Mushroom Wellingtons with Mashed Potatoes & Carrots	Baked Potatoes Cheese & Cowboy Beans
Dessert	Banana Bread	Baked Apple & Cinnamon Cake	Fresh Fruit Salad	Mango Compote with Natural Yoghurt	Citrus Lemon Loaf

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**