



Belmont Farm Nursery School Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plait wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	A selection of seasonal fruit & vegetable crudités				
Lunch	Chinese Style Egg & Vegetable Fried Rice	Pesto Butterbean Broccoli Pasta	Moroccan Lamb/ Chickpea & Mediterranean Vegetable Tagine	Teriyaki Salmon / Tofu Mixed Vegetable Wholegrain Rice	Garlic Roast Chicken/ Quorn Roast Potatoes with Veg & Gravy
Dessert	Banana with Greek Yoghurt	Peach Slices With Cream	Melon Medley	Rice Pudding with Winter Fruit	Apple and Raspberry Stew
Afternoon Snack	Toasted Bagels	Bread sticks with Red Pepper Hummus	Crackers & Cheese Sticks	Oat Cakes & Apple Slices	Warm Flat Bread with Cream Cheese
Tea	Beef/ Meatless Mince Chilli Con Carne with Potato Wedges & Crème Fraiche	Mushroom, Pepper, Sweetcorn & Mozzarella Pizza with Baked Beans	Fish / Lentil & Spinach Pie with Steamed Cabbage	*Macaroni Cheese with a Panko Crust served with Peas & Sweetcorn	Baked Potatoes Tuna / Cheese and Beans
Dessert	Apple Oaty Crumble	Cranberry Cookies	Baked Cinnamon Apples with Greek Yoghurt	Vegan Beetroot Cake	Clementine Polenta Cake

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plait wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	A selection of seasonal fruit & vegetable crudités				
Lunch	Beef/ Meatless Mince Veg Stir fry Noodles with Edamame Beans	*Macaroni Cheese with a Panko Crust served with Peas & Sweetcorn	Vegetable and lentil Spaghetti Bolognese with Cheese and Garlic Ciabatta	Chicken/ Quorn Tikka Masala with Wholegrain Rice and Crème Fraiche	Moroccan Lamb/ Chickpea & Mediterranean Vegetable Tagine
Dessert	Fruit Compote with Natural Yoghurt	Winter Berry Oaty Crumble	Beetroot cake	Baked Apple & Cinnamon	Rice Pudding with Winter Fruit
Afternoon Snack	Pitta Bread with Red Pepper Hummus	Crisp Bread with Smashed Avocado	Oat Cakes & Apple Slices	Carrot sticks & Cucumber sticks with Rice Cake	Tortilla with fresh Tomato Salsa
Tea	Hearty Chicken/ Chickpea & Vegetable Pie with Green Beans	Chinese Style Egg & Vegetable fried Rice	Cod / Tofu with Cauliflower & Broccoli Cheese	Salmon / Tofu Sweetcorn Pasta Bake	Baked Potatoes Vegetable Chilli & Cheese
Dessert	Banana Bread with Cream	Fresh Fruit Salad with Greek Yoghurt	Mixed Melon	Peach Slices With Cream	Mango Compote with Natural Yoghurt

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**

*Cheese sauce has blended butter beans inside

*All cakes/cookies are made fresh and are all sugar/syrup free



Belmont Farm Nursery School Winter Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plait wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	A selection of seasonal fruit & vegetable crudités				
Lunch	Cod/Tofu with Cauliflower & Broccoli Cheese	Pesto Butterbean Broccoli Pasta	Chicken/Mixed bean Vegetable Dhansak with Coconut Rice and Crème Fraiche	Oven Baked Cod/Mixed Beans in Passata with Couscous	Chicken/Quorn Tomato Broccoli Orzo
Dessert	Apple Oaty Crumble	Banana with Greek Yoghurt	Poached Cinnamon Pears	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 Cream Cheese	Crisp Bread Smashed Avocado
Tea	Lamb/Chickpea Biryani with Carrots	Teriyaki Salmon/Tofu mixed Vegetable Wholegrain Rice	Meatless Mince Cottage Pie & Peas	Beef/ Red lentil Penne Bolognese with Cheese	Baked Potatoes Tuna/Cheese and beans
Dessert	Peach Slices With Cream	Fruit Salad	Blueberry cake with Cream	Cranberry Cookies	Pears with Yoghurt

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plait wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	A selection of seasonal fruit & vegetable crudités				
Lunch	Chicken/Lentil Korma with Basmati Rice	Beef/5 bean Chilli Con Carne with Potato Wedges & Crème Fraiche	Meatless Mince Vegetable Stir Fry Noodles with Edamame Beans	Hearty Chicken/Chickpea & Vegetable Pie with Green Beans	Tuna/Chickpea & Sweetcorn Pasta Bake
Dessert	Pears with Yoghurt	Peach & Oat Cobbler	Berry Bread	Raspberry and Apple Stew	Cranberry Cookies
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/Tofu & Spinach Pie with Steamed Cabbage	Minced Beef/Mushroom and Lentil Stew	Baked Potatoes Cheese & Cowboy Beans
Dessert	Banana Bread	Baked Apple & Cinnamon	Fresh Fruit Salad with Cream	Mango Compote with Natural Yoghurt	Rice Pudding with Winter Fruits

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⇒ **Pescatarian – Meat free**

*Cheese sauce has blended butter beans inside

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