

Northampton High School Nursery - WEEK ONE



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE
MORNING SNACK	MUFFINS SERVED WITH A SELECTION OF SPREADS	PITTA BREAD AND HUMMUS	CHEESE STICKS WITH TOMATOES	FRUIT KEBABS	RICE CAKES
LUNCH	HIDDEN VEGETABLE PASTA BAKE SERVED WITH CUCUMBER SLICES	TRADITIONAL COTTAGE PIE OR VEGAN COTTAGE PIE SERVED WITH PEAS AND SWEETCORN	ROASTED BREAST OF CHICKEN SERVED WITH SAGE AND ONION STUFFING ROAST POTATOES, SLICED CARROTS AND CAULIFLOWER OR MIXED VEGETABLE TART (v)	VEGETARIAN CURRY SERVED WITH RICE AND NAAN BREAD	COD FISH FINGERS OR VEGGIE FINGERS SERVED WITH CHIPPED POTATOES AND BAKED BEANS
DESSERT	OATY APPLE CRUMBLE SERVED WITH CUSTARD OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	STRAWBERRY JELLY OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	FLAPJACK OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	MARBLE CAKE SERVED WITH CHOCOLATE SAUCE OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	RICE PUDDING OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT
AFTERNOON SNACK	BREADSTICKS AND DIP	PANCAKES SERVED WITH BANANAS	MELON AND BLUEBERIES	CRACKERS AND CUCUMBER SERVED WITH TZATZIKI	PEACHES AND PINEAPPLE
TEA	JACKET POTATOES SERVED WITH A SELECTION OF FILLINGS AND VEGETABLE CRUDITES	PITTA POCKETS SERVED WITH EGG MAYONNAISE OR SAVOURY CHEESE	WHOLEMEAL MUFFIN PIZZA SERVED WITH VEGETABLE CRUDITES	WHOLEMEAL MACARONI CHEESE SERVED WITH MIXED SALAD	SCRAMBLED EGGS SERVED WITH WHOLEMEAL TOAST OR MUFFINS

ALL DIETARY NEEDS ARE TAKEN INTO CONSIDERATION AND ALTERNATIVES PROVIDED.

FRESH SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY.

Week Commencing:

7th Sept

5th Oct

2nd Nov

30th Nov

