

Northampton High School Nursery – WEEK FOUR



| | 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 | OAT CAKES | VEGETABLE STICKS SERVED WITH A BEAN DIP | BAGELS SERVED WITH CREAM CHEESE | SEASONAL FRUIT KEBABS | CHEESE STICKS SERVED WITH TOMATO |
| LUNCH | TOAD IN THE HOLE OR VEGAN TOAD IN THE HOLE SERVED WITH NEW POTATOES AND GREEN BEANS | BRAISED CHICKEN CASSEROLE OR VEGETABLE CASSEROLE SERVED WITH MASHED POTATO PEAS AND CARROTS | MINCED BEEF LASAGNE AL FORNO OR VEGETABLE LASAGNE AL FORNO SERVED WITH CIABATTA GARLIC BREAD AND MIXED SALAD | MARGARITA PIZZA SERVED WITH JACKET WEDGES AND MIXED SALAD | BBQ JERK CHICKEN OR BBQ SWEET POTATO SERVED WITH RICE AND PEAS |
| DESSERT | SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT | VEGETARIAN JELLY OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT | BANANAS AND CUSTARD OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT | CARROT CAKE OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT | STICKY TOFFEE PUDDING AND CUSTARD OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOUGHURT |
| AFTERNOON SNACK | CRUMPETS SERVED WITH A SELECTION OF SPREADS | RICE CAKES | PANCAKES SERVED WITH BLUEBERRIES | WHOLEMEAL PITTA BREAD SERVED WITH HUMMUS | BREADSTICKS AND VEGETABLE STICKS |
| TEA | WHOLEMEAL MACARONI CHEESE | WHOLEMEAL PIZZA | JACKET POTATO SERVED WITH CHEESE AND BEANS | TOMATO AND TUNA PASTA BAKE | SAVOURY MUFFINS |

ALL DIETARY NEEDS ARE TAKEN INTO CONSIDERATION AND ALTERNATIVES PROVIDED.

FRESH SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY

Week Commencing:
28th Sept 26th Oct
23rd Nov

