

Northampton High School Nursery - WEEK TWO



	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	PEPPER STICKS AND TOMATO SLICES	WHOLEMEAL TOAST AND BANANAS	CELERY STICK SERVED WITH HUMOUS	RAISINS	RICE CAKES
LUNCH	CHICKEN OR VEGAN MEATBALLS SERVED WITH LINGUINE AND MIXED SALAD	ROASTED VEGETABLE CANNELLINI SERVED WITH CUCUMBER AND TOMATOES	BEEF OR MUSHROOM STROGANOFF SERVED WITH STEAMED BASMATI RICE GREEN BEANS	CHICKEN OR CHICKPEA TAGINE SERVED WITH LEMON AND MINT COUS COUS	CRISPY VEGAN NUGGETS SERVED WITH OVEN CHIPS AND PEAS
DESSERT	SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	RICE PUDDING SERVED WITH SUMMER FRUIT COMPOTE OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	STICKY TOFFEE PUDDING OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	PEACH AND RASPBERRY CRUMBLE SERVED WITH CUSTARD OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT OR POURING CREAM
AFTERNOON SNACK	FRUIT TEA CAKES SERVED WITH KIWI	PEACHES	CUCUMBER AND CHEESE STICKS	CRACKERS SERVED WITH HAM OR CHEESE	HARD BOILED EGGS AND TOMATOES
TEA	MACKEREL & AVOCADO ON TOAST	CHICKEN COUS COUS	TUNA AND BROCCOLI WHOLEMEAL PASTA	SCRAMBLED EGG SERVED ON WHOLEMEAL TOAST	HAM OR CHEESE FLATBREAD SERVED WITH MIXED SALAD

ALL DIETARY NEEDS ARE TAKEN INTO CONSIDERATION AND ALTERNATIVES PROVIDED FRESH SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY

Week Commencing:

19th April 17th May

14th June 12th July

