

Northampton High School Nursery - WEEK THREE



	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 AND SPREADS	CRUMPETS AND SPREADS	VEGETABLE STICKS	BANANAS	BREADSTICKS
LUNCH	TURKEY BOLOGNAISE SERVED WITH CUCUMBER	SAUSAGE PLAIT SERVED WITH NEW POTATOES SWEETCORN AND CABBAGE	ROASTED SLICED CHICKEN BREAST OR CAULIFLOWER AND BROCCOLI CHEESE SERVED WITH ROAST POTATOES KALE AND CARROTS	MIXED LENTIL KEEMA CURRY SERVED WITH NAAN BREAD 50 / 50 RICE	BBQ CHICKEN OVEN CHIPS COLESLAW
DESSERT	SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	ORANGE SHORTBREAD OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	STRAWBERRIES AND CREAM OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	MANDARIN JELLY OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	ICE CREAM TUBS OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT
AFTERNOON SNACK	CARROT AND PEPPER STICKS	BROCCOLI AND ASPARAGUS	SMASHED AVOCADO SERVED WITH WHOLEMEAL PITTA	PEPPER STICKS AND TOMATOES	CARROT AND CUCUMBER STICKS
TEA	VEGETABLE CURRY AND RICE	FALAFELS SERVED WITH WHOLEMEAL PITTA AND HUMOUS	WHOLEMEAL SANDWICH SELECTION AND CUCUMBER SLICES	TOMATO SOUP SERVED WITH WHOLEMEAL BREAD	SCRAMBLED EGGS WHOLEMEAL TOAST

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

Week Commencing:

26th April 24th May

21st June 19th July

