

## 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	Cheese and Cucumber Sticks	Toasted Crumpets and Spreads	Hard Boiled Eggs and Tomatoes	Fruit Salad	Oat Cakes with Cream Cheese
LUNCH	Lentil Bolognaise Served with Wholemeal Pasta And a Crunchy Salad	Chicken and Sweetcorn Filo Pie OR Roasted Vegetable filo topped Pie Served with Baby New Potatoes Broccoli and roasted Courgettes	Roast Loin of Pork OR Cauliflower Cheese and Leek Crumble Served with Apple Sauce Roasted Potatoes Savoy Cabbage and Carrot Batons	Oven Baked Vegetable Fingers Served with Oven Chipped Potatoes and Mixed Salad	Cajun Chicken and Vegetable Wraps OR Cajun Aubergine and Vegetable Wraps Served with Vegetable Rice and Sweetcorn
DESSERT	Apple Crumble and Custard OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Passion Fruit and Strawberry topped Meringue OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Black Currant Jelly OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Coconut Rice Pudding OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Sponge and Custard OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT
AFTERNOON SNACK	Bread Sticks and Veg Sticks	Melon Selection	Bagels and Cream Cheese	Smashed Avocado served With Wholemeal toast	Peaches and Pineapple Slices
TEA	Jacket Potatoes Served with Beans and Cheese	Homemade Leek and Potato Soup Served with Wholemeal Bread	Mediterranean Veg Cous Cous	Roasted Vegetable Pasta	Wholemeal Pitta Pockets Served with Tuna Mayo or Egg Mayo

ALL DIETARY NEEDS ARE TAKEN INTO CONSIDERATION AND ALTERNATIVES PROVIDED.

FRESH SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY.

## Week Commencing:

11<sup>th</sup> Jan 8<sup>th</sup> Feb

8<sup>th</sup> Mar 5<sup>th</sup> Apr

