

## 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	Pancakes and Bananas	Vegetable and Breadsticks	Crumpets and Spreads	Breadsticks and Humous
LUNCH	Cauliflower Curry Served with 50/50 Rice and Naan Bread	Salmon and Broccoli Fish Cakes Served with Roasted New Potato And Sweetcorn	Roasted Sliced Chicken Breast Or Cauliflower and Broccoli Cheese Served with Roast Potatoes Stuffing, Kale and Carrots	Turkey Bolognaise Served with Wholemeal Pasta and Mixed Salad	Beef or Vegan Meatballs Served with Mash Gravy and Peas
DESSERT	Artic Roll OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Plain Scone and Jam OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Mandarin Trifle OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT	Rice Pudding OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOGHURT
AFTERNOON SNACK	Carrot and Pepper Sticks	Hard Boiled Eggs and Cucumber	Smashed Avocado Served with Wholemeal Pitta	Pepper Sticks and Tomatoes	Carrot and Cucumber Sticks
TEA	Scrambled Egg Served with Wholemeal Toast	Falafels served with Wholemeal Pitta and Humous	Vegetable Stir Fry and 50/50 Rice	Wholemeal Sandwich Selection and Cucumber Slices	Sweet Potato and Lentil Soup Served with Wholemeal Bread

ALL DIETARY NEEDS ARE TAKEN INTO CONSIDERATION AND ALTERNATIVES PROVIDED.

FRESH SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY.

## Week Commencing:

25<sup>th</sup> Jan 22<sup>nd</sup> Feb

22<sup>nd</sup> Mar 26<sup>th</sup> Apr

