

# Time 4 Nursery – Menu

## WEEK A

| Monday   | Tuesday                      | Wednesday                         | Thursday               | Friday                   |
|--|------------------------------|-----------------------------------|------------------------|--------------------------|
| Shepherd's pie with mixed vegetables   | Fish fingers chips and beans | Roast chicken dinner              | Beef burger and chips  | Hotpot                   |
| Spaghetti on toast   | Jacket potato and beans      | Open sandwich with tortilla chips | Scrambles egg on toast | Pizza and potato wedges  |
| Banana and custard   | Scotch pancakes              | Banana split                      | Peaches and ice-cream  | Stewed apple and custard |
| Angel Delight  | Yoghurt                      | Jam sponge cake                   | Jelly                  | Fruit yoghurt            |
| If your child has any special requirements with the meals, you have chosen please detail in the boxes below. |                              |                                   |                        |                          |
| Monday   | Tuesday                      | Wednesday                         | Thursday               | Friday                   |
|  |                              |                                   |                        |                          |

***If meals are not suitable, please send a cold packed lunch. Thank you***

\* Vegetarian dishes (taken from kidshealth.org and lunchtimes)

\*\* Meals are suitable for children who are lactose intolerant (taken from kidshealth.org and lunchtimes)

\*\*\* Meals are suitable for children who are gluten sensitive (taken from kidshealth.org & lunchtimes)

# Time 4 Nursery – Menu

## WEEK B

| Monday   | Tuesday                                   | Wednesday                 | Thursday             | Friday                              |
|--|---|---------------------------|----------------------|-------------------------------------|
| Sausage mashed potato and mixed vegetables   | Beef Lasagne and garlic bread             | Fish cake, chips and peas | Roast Chicken dinner | Sausage roll with baked beans       |
| Omelette and beans   | Homemade vegetable soup with crusty bread | Jacket potato and beans   | Spaghetti on Toast   | Vegetable ravioli with crusty bread |
| Fresh fruit  | Flap Jack                                 | Fresh fruit & ice cream   | Rice crispy cake     | Homemade Biscuit                    |
| Stewed apples and ice-cream  | Angel Delight                             | Homemade rice pudding     | Banana Split         | Homemade trifle                     |
| If your child has any special requirements with the meals, you have chosen please detail in the boxes below. |   |                           |                      |                                     |
| Monday   | Tuesday                                   | Wednesday                 | Thursday             | Friday                              |
|  |   |                           |                      |                                     |

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