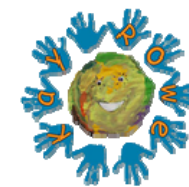




Kay Rowe Nursery

Week Beginning: 29/10; 19/11; 10/12; 7/01; 28/1; 25/2; 18/03.



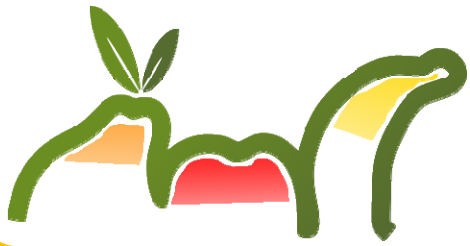
Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Choice	Fisherman's Pie	Lamb & Vegetable Tikka Masala with Rice	Roast Turkey & Stuffing with Roast Potatoes	Cheese & Tomato Pizza with Tuna	Chicken & Sweetcorn Pasta Bake
Vegetarian Choice	Chick Pea & Potato Curry with Peshwari Bread	Vegetarian Lasagne	Cheese & Leek Quiche with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Potato Wedges*
Vegetable Selection	Sweetcorn Mixed Vegetables	Fresh Cauliflower Garden Peas	Fresh Seasonal Vegetables	Sweetcorn Fresh Broccoli	Peas
Dessert	Apple Crumble with Custard 50% fruit	Fresh Fruit	Rice Pudding with Peaches	Fresh Fruit Salad	Fresh Fruit

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



All meat served is Halal
All fish from sustainable sources
Items subject to availability



Kay Rowe Nursery



Week Beginning: 05/11, 26/11; 17/12; 14/01; 4/02; 4/03; 25/3.

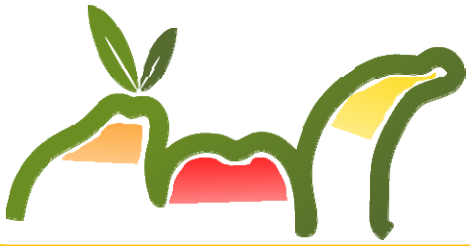
Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Chicken Sausages with Mashed Potatoes	Cod in Cheese Sauce & New Potatoes	Roast Lamb with Yorkshire Pudding & Roast Potatoes	Fish Fingers in a Bun	Chicken with Jacket Wedges
Vegetarian Choice	Wholemeal Winter Crumble with Mashed Potatoes	Veggie Quesadilla with Cheese & Salsa	Quorn & Sweet Potato Curry with Rice	Veggie Burger in Wholemeal Bun	Vegetable & Lentil Curry with Rice
Vegetable Selection	Fresh Cauliflower Mixed Vegetables	Sweetcorn Fresh Broccoli	Fresh Seasonal Vegetables	Sweetcorn Roast Peppers	Peas Baked Beans
Dessert	Fresh Fruit	Peach Melba Sponge & Custard 50% fruit	Tropical Fruit Slice 50% fruit	Plum Crumble with Custard 50% fruit	Fresh Fruit Salad

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



All meat served is Halal
 All fish from sustainable sources
Items subject to availability



Kay Rowe Nursery

Week Beginning: 12/11; 3/12; 7/01; 21/01; 11/02; 11/03; 5/04



Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Spaghetti Chicken Meatballs in a Marinara Sauce	Tuna Pasta Bake	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Creamy Coconut Fish Curry with Rice	Minced Lamb & Vegetable Pie & Baby Baked Potatoes*
Vegetarian Choice	Spanish Omelette	Rice Dhal & Riata *	Quorn Sausage Toad in the Hole with Roast Potatoes	Veggie Burger in a Wholemeal Bun	Vegetarian Chilli with Rice
Vegetable Selection	Garden Peas Roast Vegetables	Sweetcorn & Green Beans	Organic Carrots Cauliflower	Country Vegetables Garden Peas	Mixed Vegetables
Dessert	Peaches & Custard	Fresh Fruit Salad	Banana & Custard	Lemon & Banana Muffin Slice 50% fruit	Fresh Fruit Salad

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



All meat served is Halal
 All fish from sustainable sources
Items subject to availability