



Kay Rowe Nursery

Week Beginning: 28 Oct, 18 Nov, 9 Dec, 13 Jan, 3 Feb, 2 Mar, 23



Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Choice	Fisherman's Pie	Spaghetti Bolognese (Lamb)	Roast Chicken & Stuffing with Roast Potatoes	Fish Curry with Rice	BBQ Chicken with Baked Chips
Vegetarian Choice	Quorn & Pepper Fajita with Salad & Coleslaw	Vegetable Bolognese	Butternut Squash & Spinach Tart with Roast Potatoes	Chick Pea & Potato Curry with Rice	Quorn Sausage with Baked Chips
Vegetable Selection	Sweetcorn Fresh Broccoli	Brussel Sprouts Garden Peas	Cauliflower Seasonal Vegetables	Mini Corn on the Cob Green Beans	Garden Peas Baked Beans
Dessert	Selection of Fresh Fruit	Banana and Custard	Fresh Fruit Salad	Selection of Fresh Fruit/Natural Yoghurt	Apple crumble 50% Fruit/Custard

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



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Week Beginning : 4 Nov, 25 Nov, 16 Dec, 20 Jan, 10 Feb, 9 Mar, 30 Ma

Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Choice	Fish Burger with Coleslaw & Salad	Lamb Lasagne with Focaccia	Roast Turkey with Yorkshire Pudding & Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Jacket Potato with Tuna /Coleslaw
Vegetarian Choice	Vegetable Burger/Coleslaw Salad	Vegetarian Quorn Lasagne with Focaccia	Quorn Sausage/Roast Potatoes Yorkshire Pudding	Dhal Curry with Rice	Jacket Potato with Cheese/Coleslaw
Vegetable Selection	Fresh Broccoli Mixed Vegetables	Cauliflower Organic Carrots	Brussel sprouts Roast peppers	Sweetcorn Green Beans	Garden Peas Baked Beans
Dessert	Fresh fruit Salad/Natural Yoghurt	Apple 50% fruit Crumble with Custard	Fresh Fruit	Banana/Custard	Fresh Fruit Salad

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



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Week Beginning: 11 Nov, 2 Dec, 6 Jan, 27 Jan, 24 Feb, 16 Mar

Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish Choice	Baked Sausages with Mashed Potatoes	Fish Pasta Bake	Cheese/Sweetcorn Tomato Pizza	Fish Biryani	Lamb Keema with Naan bread
Vegetarian Choice	Quorn Sausages with Mashed Potatoes	Tuscan Vegetable & Mixed Bean Pasta Bake	Cheese/Sweetcorn Tomato Pizza	Vegetable Biryani	Quorn Keema with Naan Bread
Vegetable Selection	Baked Beans Garden Peas	Sweetcorn Broccoli	Baked Beans Baked Wedges	Green Beans Roast Peppers	Carrots Garden Peas
Dessert	Rice Pudding	Banana with Custard	Fresh Fruit	Lemon & Banana Cake with Custard	Fresh Fruit Salad

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



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 All fish from sustainable sources
Items subject to availability