



Week 1						
		Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Main	Coconut chicken	Pasta with salmon and spring vegetables	Chickpea curry	Roast chicken	Breaded fish pieces
	Vegetarian	Quorn pieces in coconut sauce			Roast Quorn Pieces	
	Served with	Wholegrain rice			Basmati rice	Couscous, peppers and carrot
Tea	Nursery Tea	Mixed vegetable pasta served with spinach	Jacket potatoes with baked beans, grated cheddar cheese and carrot sticks	Sausage pasta bake served with spinach	Lamb casserole	Cottage Pie served with mixed vegetables
	ASC			Quorn sausage pasta bake served with spinach	Wholemeal wraps served with a range of fillings	
	Vegetarian			Quorn mince pie served with spinach		



Week 2						
		Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Main	Chicken hot pot	Potato spinach and chickpea curry	Beef stir fry	Bean and tomato stew	Fish Pie
	Vegetarian	Quorn hot pot		Quorn stir fry		
	Served with	Potato and root vegetables	Basmati rice	Wholegrain noodles, baby corn and sugarsnap peas	Couscous	
Tea	Nursery Tea	Mixed vegetable pasta served with spinach	Sausages served with mashed potato and baked beans	Chicken pieces in breadcrumbs served with wholegrain rice and peas	Spaghetti served with broccoli, courgette and garden peas	Lasagna served with mixed vegetables
	ASC		Sausages served with couscous and mixed vegetables			
	Vegetarian		Quorn sausages	Quorn bites		Quorn mince lasagna served with spinach



Week 3						
		Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Main	Chili con Carne	Pasta with tuna and sweetcorn	Chicken curry	Mediterranean style chicken	Oven baked salmon pieces
	Vegetarian	Mixed bean chili		Quorn curry	Mediterranean style Quorn pieces	
	Served with	Wholegrain pitta bread		Basmati rice	Potato and oven roast tomato	
Tea	Nursery Tea	Mixed vegetable curry served with wholegrain rice	Mixed bean fajitas with tomato and pepper sauce served with wholemeal wraps	Spaghetti Bolognese served with spinach	Jacket potatoes with baked beans, grated cheddar cheese and carrot sticks	Sausage hot pot served with garden peas
	ASC			Quorn Bolognese served with spinach		Quorn hot pot served with garden peas
	Vegetarian					



Week 4						
		Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Main	Sweet and Sour style chicken	Sausage and butterbean root vegetable casserole	Prawn stirfry	Breaded chicken pieces	Fish pie
	Vegetarian	Sweet and Sour style Quorn	Butterbean and root vegetable casserole		Breaded Quorn pieces	
	Served with	Wholegrain noodles	Mashed potato	Wholegrain noodles, sugarsnap peas and baby corn	Oven roast vegetables	Broccoli and green beans
Tea	Nursery Tea	Mixed bean chilli served with wholegrain rice	Spaghetti and meatballs served with spinach	Mixed vegetable pasta served with spinach	Fish fingers served with mashed potato and mixed vegetables	Beef casserole served with potato
	ASC				Fish fingers served with couscous and mixed vegetables	
	Vegetarian		Spaghetti and veggieballs		Lentil casserole served with potato	

Weekly Meal Plan updated November 2019

