

Menus - 2021

Moon River Nursery serves fresh and healthy home cooked meals for lunch and tea. We also provide breakfast and snacks:

Breakfast: A selection of low sugar cereals, served with a cup of milk.

AM & PM snack: A range of fresh vegetables served with crackers or pitta.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chinese Chicken served with Noodles or Rice Chinese Quorn served with Noodles or Rice (V)	Courgette, Pea and Potato Curry served with Rice (V)	Roast Ham served with Roasted Potatoes, Carrots, Broccoli and Cauliflower Florets and Homemade Gravy Quorn Roast served with all the Trimmings (V)	Spaghetti Bolognese Quorn Bolognese with Spaghetti (V)	Oven-Baked, Breaded Cod Goujons served with Crispy Potato Wedges, Garden Peas and Sweetcorn Veggie Sausages served with Crispy Potato Wedges, Garden Peas and Sweetcorn (V)
Dessert	Selection of Fresh Fruit	Fruity Flapjack and Sugar Free Custard	Fruit Salad	Banana's topped with Sugar Free Custard	Selection of Fresh Fruit
Tea	Mashed Potato topped with Baked Beans and Cheese (V)	Homemade Soup served with a Freshly Baked, Wholemeal Bread Roll (V)	Tuna Fish Cakes served with Tomato, Cucumber and Sweetcorn Veggie Patty served with Tomato, Cucumber and Sweetcorn (V)	Pork Sausage Puff Pastry Rolls served with a Tomato Sauce Veggie Puff Pastry Rolls served with a Tomato Sauce (V)	Selection of Freshly Made Sandwiches: Egg, Cheese, Ham or Tuna served with Tomato and Cucumber
Dessert	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt

Please note that the Menu is subject to change due to stock levels and deliveries. When our Chef, Lisa, is on holiday we will use a catering company and will notify parents.

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Red Pepper, Tomato and Basil Pasta Bake (V)	Beef Chilli with Rice Bean Chilli with Rice (V)	Roast Beef served with Roasted Potatoes, Carrots, Broccoli and Cauliflower Florets and Homemade Gravy Quorn Roast served with all the Trimmings (V)	Sweet Potato Curry Served with Tray Baked Vegetables and Rice (V)	Cod in a Creamy, Herby Sauce served with Crushed Potatoes and Chargrilled Vegetables Quorn in a Creamy, Herby Sauce served with Crushed Potatoes and Chargrilled Vegetables (V)
Dessert	Selection of Fruit	Creamy Rice Pudding with Blended Fruit Swirl	Fruit Salad	Aunty Lisa's Apple Crumble and Sugar Free Custard	Selection of Fresh Fruit
Tea	Crispy Chicken Goujons with Cheesy Beans and Tomato Sauce Veggie Sausages with Cheesy Beans and Tomato Sauce (V)	Homemade Pizza - Wholemeal Pizza Base, topped with Tomato and Herb Passata and Fresh Seasonal Vegetables (V)	Homemade Soup with a Freshly Baked, Wholemeal Bread Roll (V)	Mashed Potato topped with Baked Beans and Cheese (V)	Pork Sausage and Puff Pastry Rolls served with a Tomato Sauce Veggie Puff Pastry Rolls served with a Tomato Sauce (V)
Dessert	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt	Selection of Fruit	Plain Greek Yoghurt

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Barbecue Chicken served with Potato Salad and Sweetcorn Barbecue Quorn served with Potato Salad and Sweetcorn (V)	Pork and Vegetable Stir Fry served with Rice. Seasonal Vegetable Stir Fry served with Rice (V)	Roast Beef served with Roasted Potatoes, Carrots, Broccoli and Cauliflower Florets and Homemade Gravy Quorn Roast served with all the Trimmings (V)	Vegetable Korma served with Rice (V)	Oven-Baked, Breaded Cod Goujons served with Crispy Potato Wedges, Garden Peas and Sweetcorn Veggie Sausages served with Crispy Potato Wedges, Garden Peas and Sweetcorn (V)
Dessert	Selection of Fresh Fruit	Sugar Free Jelly	Fresh Fruit Salad	Fruity Sponge Pudding served with Sugar Free Custard	Selection of Fresh Fruit
Tea	Tuna and Tomato Paste served with a Cucumber and Pepper Salad Vegetable Pasta served with a Cucumber and Pepper Salad (V)	Crispy Chicken Goujons served with Pasta Salad Veggie Sausages served with Pasta Salad (V)	Selection of Sandwiches: Egg, Cheese, Ham or Tuna served with Tomato and Cucumber Slices	Homemade Soup served with a Freshly Baked, Wholemeal Bread Roll (V)	Homemade Pizza - Wholemeal Pizza Base, topped with Tomato and Herb Passata and Fresh Seasonal Vegetables (V)
Dessert	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet Potato Curry served with Rice (V)	Bangers 'n' Mash served with Broccoli Florets Veggie Bangers 'n' Mash served with Broccoli Florets (V)	Roast Ham served with Roasted Potatoes, Carrots, Broccoli and Cauliflower Florets and Homemade Gravy Quorn Roast Substitute served with all the Trimmings (V)	Chicken Tikka served with Rice Vegetable Tikka served with Rice (V)	Baked Cod / Haddock in Tomato and Herb Sauce with Garden Peas and Carrots Quorn in Tomato and Herb Sauce with Garden Peas and Carrots (V)
Dessert	Fresh Fruit Salad	Raisin Rice Pudding	Fresh Fruit Salad	Aunty Lisa's Apple Crumble and Sugar Free Custard	Fresh Fruit Salad
Tea	Macaroni Cheese and Vegetable Sticks (V)	Tuna and Potato Patties served with a Tomato Sauce and Cucumber Salad Vegetable Patty served with a Tomato Sauce and Cucumber Salad (V)	Cheesy Mashed Potato topped with Baked Beans (V)	Homemade Soup served with a Freshly Baked, Wholemeal Bread Roll (V)	Homemade Pizza - Wholemeal Pizza Base, topped with Tomato and Herb Passata and Fresh Seasonal Vegetables (V)
Dessert	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt	Selection of Fresh Fruit	Plain Greek Yoghurt

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