



## *Moon River's Spring and Summer Menu*

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 cows or oat milk

**Snack:** A range of fresh vegetables and fruits served with crackers or pitta.

Please note that the menu may be 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.

# Moon River Nursery Menu

 week 1	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
<b>Lunch</b>	SWEET POTATO CURRY SERVED WITH RICE	BANGERS N MASH VEGGIE BANGERS N MASH WITH VEGETABLES	ROAST HAM, POTATOES, VEG AND GRAVY QUORN ROAST SUBSTITUTE	CHINESE CHICKEN OR QUORN SERVED WITH RICE OR NOODLES	SPAGHETTI BOLOGNESE QUORN BOLOGNESE WITH SPAGHETTI
<b>Pudding</b>	TROPICAL FRUIT COULIS	RAISIN RICE PUDDING	BANANAS TOPPED WITH SUGAR FREE CUSTARD	AUNTY LISA'S APPLE CRUMBLE SUGAR FREE CUSTARD	FRESH FRUIT SALAD
<b>Tea</b>	MACARONI CHEESE VEG STICKS	'NO CHICKEN' GOUJONS (QUORN) WITH SALAD	CHEESY MASHED POTATO TOPPED WITH BEANS (SUGAR AND SALT FREE)	VEGETABLE FAJITAS TOPPED WITH CHEESE	SELECTION OF SANDWICHES: - EGG, CHEESE, HAM OR TUNA (VEGAN MAYO)
<b>Pudding</b>	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT




# Moon River Nursery Menu

 week 2	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
<b>Lunch</b>	BARBECUE CHICKEN OR QUORN WITH GARLIC POTATOES & SWEETCORN	PORK OR VEGETABLE STIR FRY WITH RICE	ROAST BEEF, POTATOES, VEG AND GRAVY QUORN ROAST SUBSTITUTE	MILD CHICKEN OR VEGETABLE KORMA WITH RICE	BREADED COD OR VEGGIE SAUSAGES WITH POTATOES WEDGES, GARDEN PEAS/ SWEETCORN.
<b>Pudding</b>	SELECTION OF FRESH FRUIT	BERRY FRUIT COULIS	SUGAR FREE JELLY	FRUITY SPONGE SUGAR FREE CUSTARD	SELECTION OF FRESH FRUIT
<b>Tea</b>	TOMATO AND BASIL PASTA WITH FRESH VEGETABLES	VEGGIE QUORN PUFF PASTRY ROLLS VEG STICKS	HOMEMADE PIZZA - WHOLEMEAL BASE TOPPED WITH TOMATO AND HERBS	SAVOURY RICE WITH VEGETABLES	SELECTION OF SANDWICHES: - EGG, CHEESE, HAM OR TUNA (VEGAN MAYO)
<b>Pudding</b>	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT



# Moon River Nursery Menu

 week 3	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
<b>Lunch</b>	CHINESE CHICKEN OR QUORN SERVED WITH RICE OR NOODLES	BANGERS N MASH VEGGIE BANGERS N MASH WITH VEGETABLES	ROAST HAM, POTATOES, VEG AND GRAVY QUORN ROAST SUBSTITUTE	SPAGHETTI BOLOGNESE QUORN BOLOGNESE WITH SPAGHETTI	BREADED COD OR VEGGIE SAUSAGES WITH POTATOES WEDGES, GARDEN PEAS/ SWEETCORN.
<b>Pudding</b>	SELECTION OF FRESH FRUIT	FRUITY FLAPJACK WITH SUGAR FREE CUSTARD	SEASONAL FRUIT AND CREAM	BANANAS TOPPED WITH SUGAR FREE CUSTARD	FRUIT JELLY
<b>Tea</b>	MASHED POTATO TOPPED WITH BEANS AND CHEESE	TUNA FISH CAKES VEGGIE PATTY SERVED WITH CUCUMBER	MACARONI CHEESE VEG STICKS	VEGGIE PUFF PASTRY ROLLS SERVED WITH VEG	SELECTION OF SANDWICHES: - EGG, CHEESE, HAM OR TUNA (VEGAN MAYO)
<b>Pudding</b>	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT



# Moon River Nursery Menu

 week 4	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
<b>Lunch</b>	CHICKEN OR QUORN CUTLET IN GRAVY WITH POTATOES AND SEASONAL VEG	BEEF OR BEAN CHILLI WITH RICE	ROAST HAM, POTATOES, VEG AND GRAVY QUORN ROAST SUBSITUTE	TURKEY OR QUORN MEATBALLS WITH RICE AND SWEETCORN	FISH FINGER OR QUORN CUTLET WITH MASH POTATO AND SEASONAL VEG
<b>Pudding</b>	FRUIT JELLY	BREAD AND BUTTER PUDDING	RICE PUDDING	AUNTY LISA'S APPLE CRUMBLE AND SUGAR FREE CUSTARD	SEASONAL FRUIT AND CREAM
<b>Tea</b>	SAVOURY RICE WITH VEGETABLES	VEGETABLE FAJITAS TOPPED WITH CHEESE	HOMEMADE PIZZA - WHOLEMEAL BASE TOPPED WITH TOMATO AND HERBS	BAKED POTATOES WITH BEANS	SELECTION OF SANDWICHES: - EGG, CHEESE, HAM OR TUNA (VEGAN MAYO)
<b>Pudding</b>	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT	FRESH FRUIT	PLAIN GREEK YOGHURT

