

Park House Nursery - 3 Weekly Menu

Week 1 **Monday**

Jacket potato 7, tuna 5
and cucumber salad
Orange & Apple Slices
Strawberry delight 7

Tuesday

Chicken nuggets 1,2,13, Smilie
Potatoes
and baked beans
Red Grapes & Banana
Choc ice 7,13

Wednesday

Homemade cottage pie 2,7
and diced carrots
Melon & Apple Slices
Chocolate Shortbread 2,4,7

Thursday

Minted lamb and
vegetable hot pot 2,13
Green Grapes & Tangerines
Granola slice 2,12

Friday

Beef Lasagne 1,2,4,7,9,13
and warm crusty bread
Apple & Banana Slices
Fruit yoghurt 7



Week 2 **Monday**

Pasta Bolognese, cheese
and warm garlic bread 2,4,7
Orange & Apple Slices

Ice cream 7,13 and strawberry sauce

Tuesday

Parsley fish pie with creamy
potato topping, garden peas 2,5,7
Red Grapes & Banana
Buttered Malt Loaf 2,7

Wednesday

Curried chicken & lentil stew and
boiled rice 1

Melon & Apple Slices

Cheesecake 4,7

Thursday

Ham and cheese pizza 2,7
and tomato salad

Green Grapes & Tangerines

Fruit yoghurt 7

Friday

Vegetable soup with buttered brown
bread triangles 1,2
Apple & Banana Slices
Raspberry sponge and custard 2,7

Week 3 **Monday**

Mild chicken curry, boiled rice
and warm naan bread 2,9
Orange & Apple Slices
Flap jack 2,7

Tuesday

Meat and Potato Pie 2,13
and Garden Peas
Red Grapes & Banana
Orange jelly and cream 7

Wednesday

Fish fingers, mashed cheesy potato
and baked beans 2,5,7
Melon & Apple Slices
Fruit yoghurt 7

Thursday

Macaroni cheese, side salad
and herby garlic bread 2,7
Green Grapes & Tangerines
Strawberry trifle 7

Friday

Sausages, creamy mashed potato
1,2,13 onion gravy, carrot and
sweetcorn
Apple & Banana Slices
Angel Cake 2

Allergen Information: Key

1-Celery	2- Cereals containing gluten	3-Crustaceans	4-Eggs
5-Fish	6-Lupin	7-Milk	8-Molluscs
10-Nuts	11-Peanuts	12-Sesame seeds	9-Mustard
14-Sulphur dioxide			13-Soya

•All main courses are home made and cooked fresh everyday.
•There is no salt or stock cubes added, these meals are made with having the children's health in mind.
•All meat is from Harrison and Garrett butchers
•We have tried to make the menu as varied as possible and different each day of the week to cater for children attending full or part time.

Mr. Billy Saxon, Newsbeat Kitchen