



# RED HEN COOKERY

# NURSERY MEALS

		WEEK ONE	WEEK TWO	WEEK THREE
MON	OPTION 1	Homemade Chicken and Herby Tomato Pasta Sauce and Pasta Twists Served with Garlic Bread	Chicken Breast Tenders (2) Served with Potato Wedges, Peas, Carrots and Tomato Ketchup	Oven Baked Cod Fish Fingers (2) Served with Mashed Potato and Baked Beans
	OPTION 2 V	Chicken Style Soya	Vegetable Bites (2)	Fishless Fingers (2)
	OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
	DESSERT	Homemade Apple Sponge Cake	Homemade Lemon & Blueberry Sponge Cake	Homemade Carrot Sponge Cake
	OPTION 4	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch
TUE	OPTION 1	Homemade BBQ Cheese and Tomato Pizza on Wholemeal Base Served with Spaghetti Hoops	Oven Baked Cod Fish Cakes (1) Served with Crispy Potato Cubes, Peas and Sweetcorn	Homemade Beef Bolognese with Steak Mince Served with Pasta Twists and Mixed Vegetables
	OPTION 2 V		Vegetable Fingers (2)	Vegetarian (Soya) Bolognese
	OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
	DESSERT	Fromage Frais	Strawberry Jelly	Ice Cream
	OPTION 4	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch
WED	OPTION 1	Roast Chicken Served with Mashed Potato, Peas and Gravy	Homemade Mild Chicken Curry made with Chicken Breast and Vegetables Served with Rice	Homemade Minced Steak Mince and Vegetable Casserole Served with Crispy Potato Cubes
	OPTION 2 V	Vegetarian Chicken Style Soya Pieces	Chicken Style Soya Curry	Vegetarian (Soya) Casserole
	OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
	DESSERT	Ice Cream	Fromage Frais	Fromage Frais
	OPTION 4	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch
THU	OPTION 1	Homemade Italian Neopolitan Tomato Sauce with Pasta Twists Served with Carrots and Sweetcorn	Homemade Italian Neopolitan Tomato Sauce with Pasta Twists Served with Peas and Sweetcorn	Homemade Mild Vegetable Curry  Served with Rice
	OPTION 2 V			
	OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
	DESSERT	Homemade Chocolate Orange Sponge Cake	Homemade Caramel Sponge Cake	Ice Cream
	OPTION 4	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch
FRI	OPTION 1	Oven Baked Cod Fingers (2) Served with Crispy Potato Cubes and Baked Beans	Homemade Chilli with Steak Mince Served with Potato Wedges	Roast Chicken Served with Roast Potatoes. Mixed Vegetables and Gravy
	OPTION 2 V	Fishless Fingers (2)	Vegetable (Soya) Chilli	Vegetarian Chicken Style Soya Pieces
	OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
	DESSERT	Fromage Frais	Ice Cream	Homemade Sultana Sponge Cake
	OPTION 4	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch	Ham, Cheese or Tuna Mayo Sandwich Packed Lunch

V = VEGETARIAN ALTERNATIVES