






Vegetarian Nursery Menu

Spring/Summer

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Breadsticks & Hummus		Mixed vegetable & Herb dip with Vegetable sticks		Corn on the cob 
Lunch	Creamy hidden veggie pasta bake Vegetable Sticks	Creamy lentil and chickpea curry Rice & Seasonal Vegetables	Quorn Pie topped with mash potato & served with seasonal vegetables	Lemon & herb Quorn Sweet Potatoes & Vegetable tray bake	Quorn Bolognese Wholewheat spaghetti, garlic bread & Peas
Pudding		No added sugar Berry Cheesecake		Yogurt & Fresh fruit	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Vegetable batons & Tzatziki		Rice Cakes & Hummus	
Tea	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	 Beans on wholemeal toast served with cheese	Jazzy Jackets Cheese and Tomato	Cheese and sweetcorn muffin melts	Spinach and Cheese Pastry Puffs served with Vegetable sticks
Pudding	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons



A favourite recipe suggested by our families






Meat-free recipe



Vegetarian Nursery Menu



Spring/Summer

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Corn on the Cob		Apple & Cheese Sticks	
Lunch	Vegan Shepherds Pie Mash and seasonal vegetables	 Macaroni Cheese with Garlic bread & seasonal vegetables	 Veggie Meatballs Served in a tomato sauce with spaghetti and seasonal Vegetables	Vegetable Biryani Serve with raita and Naan bread dippers	Sweet & Sour Quorn Noodles and stir-fry vegetables
Pudding	Fresh Fruit salad		Yogurt & Fruit coulis		Frozen Strawberry & Banana yogurt
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Breadsticks & Hummus		Apple & Cheese Sticks		Vegetable batons & Tzatziki
Tea	grated carrot & cheese pitta pockets Served with vegetable sticks	Sandwich Selection (egg mayo, cheese, cucumber)	 Pizza Muffins (Pepper, tomato, sweetcorn)	Mini Vegetable and Cheese Scones Served with vegetable sticks	Ploughman's Picnic (crackers, cheese sticks, apple slices, & Hummus)
Pudding		Yogurt & Fresh fruit		Banana Bread	



A favourite recipe suggested by our families






Meat-free recipe



Vegetarian Nursery Menu

Spring/Summer

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Corn on the cob 		Vegetables batons & Hummus 		Mixed vegetable & Herb dip with breadsticks
Lunch	Vegetable Fingers Mash potato and baked beans	Mild Bean Chilli Brown rice & Sweetcorn	Vegetable Lasagne Garlic bread and peas	Quorn and pea risotto Seasonal Vegetables	Roasted Quorn New Potatoes & Seasonal Vegetables
Pudding		Yogurt & Fresh fruit		Yogurt & summer berry coulis	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Apple & Cheese Sticks		Vegetable batons & sour cream chive	
Tea	Cheese & Tomato puff pinwheels served with vegetable sticks	Wrap Selection (Cheese & Cucumber, grated carrot & hummus)	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets (Cheese and Cucumber)	 Beans on Toast Served with cheese
Pudding	Fresh fruit salad		Fresh fruit & Yogurt		banana, carrot & sultana muffins



A favourite recipe suggested by our families



Meat -free recipe