

Rainbow Nursery – Weekly Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk or water	Toast, Selection of Cereal & Fruit	Bagels, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit	Crumpets, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit
Starter	Melon Boats		Tomato Soup		Corn on the Cob
Lunch (Option 1) Served with water	Tuna Wraps Vegetable Soup	Spaghetti Carbonara Broccoli & Green Beans	Beef Burgers Potato Wedges & Sweetcorn	Steak Pie, Potatoes, Peas & Carrots	Chicken Jambalaya
Lunch (Option 2) Served with water	Cheese & Ham Wraps Vegetable Soup	Spaghetti Bolognese Broccoli & Green Beans	Sausages Potato Wedges & Sweetcorn	Chicken & Gravy, Potatoes, Peas & Carrots	Tomato & Vegetable Pasta
Dessert		Fromage Frais & Fresh Fruit		Jelly & Fresh Fruit	
Snack Served with milk or water	Fruit Scones & Fruit	Pancakes & Fruit	Crackers, Cheese & Fruit	Pitta, Carrot & Cucumber Sticks & Dip	Oatcakes, Cheese & Fruit

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk or water	Toast, Selection of Cereal & Fruit	Crumpets, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit	Bagels, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit
Starter		Chicken & Rice Soup		Crunchy Veg Platter	
Lunch (Option 1) Served with water	Creamy Veggie Korma & Rice	Vegetable Pizza	Beef Noodles & Green Beans	Macaroni Cheese, Garlic Bread	Fish Pie, Carrots & Peas
Lunch (Option 2) Served with water	Chicken Curry & Rice	Cheese & Ham Toasties	Savoury Rice & Green Beans	Tomato Pasta Bake, Garlic Bread	Stewed Sausage, Carrots & Peas
Dessert	Strawberries & Cream		Fruit yogurts & Fresh Fruit		Ice Cream & Peaches
Snack Served with milk or water	Breadsticks, Pepper & Cucumber Sticks & Dip	Rice Cakes & Fruit	Ham, Cheese & Fruit	Blueberry Muffins & Fruit Smoothie	Malt Loaf & Fruit

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk or water	Toast, Selection of Cereal & Fruit	Bagels, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit	Crumpets, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit
Starter	Lentil Soup		Herby Potato Wedges		Veggie Dippers
Lunch (Option 1) Served with water	Cheese & Broccoli Pasta Bake	Fajita Chicken & Tortilla Triangles	Sweet & Sour Chicken & Rice	Cheese Toastie Dippers & Tomato Soup	Lentil & Vegetable Curry & Rice
Lunch (Option 2) Served with water	Tomato & Vegetable Pasta	Mexican Fiesta Rice & Tortilla Rice	Red Lentil Bolognese & Rice	Ham Sandwich & Tomato Soup	Tuna & Pepper Pasta
Dessert		Greek Yogurt & Fresh Fruit		Fromage Frais & Fresh Fruit	
Snack Served with milk or water	Pancakes & Fruit	Pitta, Carrot & Cucumber Sticks & Dips	Crackers, Cheese & Fruit	Malt Loaf & Fruit	Ham, Cheese & Fruit

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk or water	Toast, Selection of Cereal & Fruit	Crumpets, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit	Bagels, Selection of Cereal & Fruit	Toast, Selection of Cereal & Fruit
Starter		Bruschetta		Cauliflower Soup	
Lunch (Option 1) Served with water	Bean & Vegetable Stew	Lentil & Mushroom Ragout & Spaghetti	Chicken & Mango Curry & Rice	Mince, Potato & Turnip	Fish Fingers Potatoes & Peas
Lunch (Option 2) Served with water	Potato & Vegetable Pie	Spaghetti & Meatballs	Mixed Bean Chili & Rice	Veggie Sausages Potato & Turnip	Veggie Burgers Potatoes & Peas
Dessert	Fruit Yogurts & Fresh Fruit		Strawberry Whip & Fresh Fruit		Custard & Banana
Snack Served with milk or water	Rice Cakes & Fruit	Blueberry Muffins & Fruit Smoothie	Breadsticks, Pepper & Cucumber Sticks & Dip	Fruit Scones & Fruit	Oatcakes, Cheese & Fruit