

Westholme School – Nursery Sample Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK
Fruit platters are a combination of fresh Honeydew, Canteloupe & Water Melons, Kiwi Fruit, Orange segments, Apple, Pear, Grapes, Pineapple, Bananas and other seasonal fruits e.g Blueberries, Strawberries, Cherries and Raspberries					
Lunch	PORK SAUSAGE CREAMED POTATOES GARDEN PEAS RICE PUDDING VEGETABLE SAUSAGES	ROAST CHICKEN NEW POTATOES MANGETOUT SWEETCORN ROAST GRAVY FRUIT YOGHURT ROAST QUORN	ROAST BEEF & YORKSHIRE PUDDING ROAST GRAVY CREAMED POTATOES BABY CARROTS BROCCOLI STEWED APPLE & CUSTARD VEGETABLE BAKES	SPAGHETTI BOLOGNAISE VEGETABLE BOLOGNAISE FRESH SPAGHETTI FRUIT JELLY VEGETABLE LASAGNE	FISHERMANS PIE GARDEN PEAS CHOCOLATE SPONGE & CHOCOLATE SAUCE FISHERMANS PIE
Vegetarian Choice					
Afternoon Snack	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER
High Tea	FISH FINGERS JACKET POTATO SPAGHETTI HOOPS FRESH FRUIT PLATTER FISH FINGERS	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD TOMATO CHUNKS CARROT STICKS CRISPS FRESH FRUIT PLATTER SANDWICHES	VEGETABLE LASAGNE BEEF LASAGNE FRESH FRUIT PLATTER VEGETABLE LASAGNE	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD TOMATO CHUNKS CUCUMBER STICKS FRESH FRUIT PLATTER SANDWICHES	CHEESE & TOMATO PIZZA BAKED BEANS FRESH FRUIT PLATTER CHEESE & TOMATO PIZZA
Vegetarian Choice					

Westholme School – Nursery Sample Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Morning Snack</u>	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK
<u>Fruit platters are a combination of fresh Honeydew, Canteloupe & Water Melons, Kiwi Fruit, Orange segments, Apple, Pear, Grapes, Pineapple, Bananas and other seasonal fruits e.g Blueberries, Strawberries, Cherries and Raspberries</u>					
<u>Lunch</u>	POTATO PIE BUTTER PIE WHOLE GREEN BEANS JAM SPONGE & CUSTARD	CHICKEN CASSEROLE VEGETABLE CASSEROLE CREAMED POTATOES BANANAS & CUSTARD	ROAST PORK CREAMED POTATOES BABY CARROTS ROAST GRAVY FRUIT YOGHURT	BEEF LASAGNE VEGETABLE LASAGNE STEWED APPLES & CUSTARD	COD FISH FINGERS CHIPS BAKED BEANS ICED SPONGECAKE & CUSTARD
<u>Vegetarian Choice</u>	BUTTER PIE	VEGETABLE CASSEROLE	QUORN BALLS IN VEG GRAVY	VEGETABLE LASAGNE	COD FISH FINGERS
<u>Afternoon Snack</u>	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER
<u>High Tea</u>	VEGETABLE GOUJONS ½ JACKET POTATO SPAGHETTI HOOPS FRESH FRUIT PLATTER	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD TOMATO CHUNKS CARROT STICKS FRESH FRUIT PLATTER	MACARONI CHEESE FRESH FRUIT PLATTER	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD TOMATO CHUNKS CUCUMBER STICKS CRISPS FRUIT PLATTER	STEAK HOTPOT VEGETABLE HOTPOT FRESH FRUIT PLATTER
<u>Vegetarian Choice</u>	VEGETABLE GOUJONS	SANDWICHES	MACARONI CHEESE	SANDWICHES	VEGETABLE HOT POT

Westholme School – Nursery Sample Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK
Fruit platters are a combination of fresh Honeydew, Canteloupe & Water Melons, Kiwi Fruit, Orange segments, Apple, Pear, Grapes, Pineapple, Bananas and other seasonal fruits e.g Blueberries, Strawberries, Cherries and Raspberries					
Lunch	ROAST CHICKEN MASHED POTATO BABY CARROTS	CHILLI CON CARNE BROWN RICE TORTILLAS	ROAST TURKEY CREAMED POTATOES SUGARSNAP PEAS CARROTS	LANCASHIRE HOT POT BABY CORN CABBAGE	COD MORNAY JULIENNE FRIES GARDEN PEAS
	RICE PUDDING	APPLE PIE & CUSTARD	FRUIT JELLY	BLUEBERRY MUFFIN	PLAIN SPONGE & CUSTARD
Vegetarian Choice	VEGETABLE BURGERS	CHILLI SIN CARNE	ROASTED QUORN FILLET	VEGETABLE HOT POT	COD MORNAY
Afternoon Snack	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER
High Tea	FISH FINGERS JACKET POTATO SPAGHETTI HOOPS	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD TOMATO CHUNKS CARROT STICKS	BEEF LASAGNE VEGETABLE LASAGNE GARLIC BREAD	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD CHERRY TOMATOES CUCUMBER CHUNKS	CHEESE & TOMATO PIZZA BAKED BEANS
Vegetarian Choice	FRESH FRUIT PLATTER FISH FINGERS	FRESH FRUIT PLATTER SANDWICHES	FRESH FRUIT PLATTER VEGETABLE LASAGNE	FRUIT PLATTER SANDWICHES	FRESH FRUIT PLATTER CHEESE & TOMATO PIZZA

Westholme School – Nursery Sample Menu Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK	FRESH FRUIT PLATTER MILK
Fruit platters are a combination of fresh Honeydew, Canteloupe & Water Melons, Kiwi Fruit, Orange segments, Apple, Pear, Grapes, Pineapple, Bananas and other seasonal fruits e.g Blueberries, Strawberries, Cherries and Raspberries					
Lunch	PORK SAUSAGE CREAMED POTATOES GARDEN PEAS GRAVY	MEATBALLS IN TOMATO SAUCE SPAGHETTI	ROAST HAM ROAST POTATOES CAULIFLOWER CHEESE PARSNIPS BATON CARROTS	CHICKEN & SWEETCORN PIE NEW POTATOES SWEETCORN	COD IN TOMATO SAUCE FRENCH FRIES GARDEN PEAS
	ICED FINGERS	FRUIT JELLY	ICED CHOCOLATE SPONGE & CHOCOLATE SAUCE	FRUIT YOGHURT	STEWED APPLE & CUSTARD
Vegetarian Choice	QUORN SAUSAGES	QUORN BALLS IN TOMATO SAUCE	VEGETABLE SAMOSAS	CHEESE & ONION PIE	COD IN TOMATO SAUCE
Afternoon Snack	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER	HOT TOASTED FINGERS WATER
High Tea	VEGETABLE GOUJONS ½ JACKET POTATO SPAGHETTI HOOPS	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD CARROT STICKS TOMATO CHUNKS	STEAK HOT POT VEGETABLE HOT POT	SELECTION OF SANDWICHES ON BROWN & WHITE BREAD CUCUMBER CHUNKS TOMATO CHUNKS CRISP	MACARONI CHEESE
Vegetarian Choice	FRESH FRUIT PLATTER VEGETABLE GOUJONS	FRESH FRUIT PLATTER SANDWICHES	FRESH FRUIT PLATTER VEGETABLE HOT POT	FRESH FRUIT PLATTER SANDWICHES	FRESH FRUIT PLATTER MACARONI CHEESE

