



Castle Nursery and Preschool Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks & raisins	Pineapple & grapes	Banana & raisins	Melon & apple	Oranges & banana
Lunch	Fish cake with new potato & vegetables (peas and carrots) served with parsley sauce	Sausage/Quorn sausage with new potato and vegetables (peas, carrot, sweetcorn, green beans)	Pork/Quorn Bolognese with spaghetti & garlic bread	Chicken/ Quorn Paella with green beans, peppers and sweetcorn	Chinese chicken (Quorn pieces, noodles and vegetables) served with sweet/sour sauce (peas, carrot, sweetcorn)
Pudding	Fruit yoghurt	Ginger sponge	Pear crumble	Fruit salad	Shortbread
Snack	Apple & orange	Crusty baguette	Crackers & cheese spread	Ritz crackers & raisins	Breadsticks & pears
High Tea	Spaghetti hoops with wholemeal toast and salad Cheese sticks Cucumber & tomatoes	Nursery - cheese and potato pie with baked beans and salad Preschool - Baked potatoes with optional beans, cheese and salad	Couscous and fish dippers or Quorn nuggets with mixed vegetables (peas, carrot, sweetcorn, green beans)	Hot Dogs with sweetcorn, cucumber and grapes	Broccoli pasta bake with grated cheese, cucumber and sweetcorn

All children will have a yoghurt with tea and optional fresh salad bowl. All food allergies will be catered for with appropriate substitutes. Quorn mince, Quorn chicken, vegetarian sausages and veggie fingers will replace meat dishes. Babies food can be blended, mashed or chopped as requested by parents. Our meat is sourced from Steve Crowe our local butcher, please ask to request further details.



Castle Nursery and Preschool Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks & raisins	Oranges & banana	Banana & raisins	Pineapple & grapes	Melon & apple
Lunch	Quorn pieces, pasta in a tomato sauce with peas & carrots	Cowboy pie (sausage and mixed bean pie with carrots)	Chicken / Quorn with new potatoes & vegetables (peas, carrot, sweetcorn, green beans)	Spaghetti / Quorn Bolognese with Garlic Bread	Fish pie with mashed potato with peas, sweetcorn & carrots
Pudding	Gingerbread	Cranberry Oat Bake	Apple pudding with custard	Jelly and mandarins	Lemon Shortbread
Snack	Apple & orange	Breadsticks & pears	Crusty baguette	Crackers & cheese spread	Ritz crackers & raisins
High Tea	Couscous with chicken goujons or veggie fingers and mixed vegetables	Tomato fusilli pasta with grated cheese, cucumber and sweetcorn	Fish finger sandwiches with sweetcorn, cucumber and grapes	Potato croquettes with sour cream dip. Cheese batons, carrot batons and cucumber.	Pizza muffins with tomato and basil sauce & cheese Cucumbers, carrot sticks and sweetcorn

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Castle Nursery and Preschool Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks & raisins	Melon & apple	Banana & raisins	Oranges & banana	Pineapple & grapes
Lunch	Sausage/Quorn new potatoes peas & Baked Beans	Chicken casserole with new potatoes & vegetables (peas, carrot, sweetcorn, green beans)	Beef/sweet potato stew with potatoes & vegetables (peas, carrot, sweetcorn, green beans)	Shepherds/ Quorn pie & vegetables (peas, carrot, sweetcorn, green beans)	Pollock & broccoli fusilli pasta bake with peas and sweetcorn.
Pudding	Rice crispy cakes	Flapjack	Peach bake with custard	Delightful strawberries (Strawberry delight with strawberry compote)	Chocolate Shortbread
Snack	Apple & orange	Ritz crackers & raisins	Breadsticks and Pears	Crusty baguette	Crackers and cheese spread
High Tea	Veggie fingers wraps with grated cheese, carrot and cucumber	Macaroni cheese with mixed vegetables	Fishcakes with spaghetti hoops Cucumber, peppers and Tomatoes	Pitta bread, chicken Goujons or veggie fingers with mixed veg	Sausage rolls (quorn) with sour cream dip, cheese sticks, carrot sticks and cucumber sticks

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