



# Weekly Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<i>Selection of cereal or assorted savouries</i>				
<b>Mid Morning Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Lunch</b>	<i>Mediterranean roasted vegetable pasta bake with garlic bread and steamed vegetables Sweet potato muffins</i>	<i>Cauliflower, broccoli and cheese bake with roast potatoes and Yorkshire puddings. Fruit and natural yogurt</i>	<i>Mushroom and lentil shepherds pie with seasonal steamed vegetables Cheese grapes and crackers</i>	<i>Chicken lentil and coconut curry with flat breads and brown rice Banana bread</i>	<i>Barley, sausage and bean hot pot with mash potato and spring greens Fruit jelly</i>
<b>Mid afternoon Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Tea</b>	<i>Seasonal soup with cheese toasties Fruit salad</i>	<i>Hot dogs with potato salad Cheese, grapes and oatcakes</i>	<i>Sweet potato and lentil sausage rolls with beans Fruit selection</i>	<i>Mixed vegetable pizzas with vegetable sticks Fruity oatcakes</i>	<i>Sandwich selection Fruit salad</i>
<b>Drinks</b>	<i>Fresh water and milk is provided throughout the day</i>				
<b>Allergy Information</b>					



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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<i>Selection of cereal or assorted savouries</i>				
<b>Mid Morning Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Lunch</b>	<i>Sausage, cheese &amp; bean pie with potato wedges and steamed veg Natural yogurt and fruit</i>	<i>Fennel and coconut dahl with brown rice and naan bread Courgette and lemon cake</i>	<i>Broccoli and peas mac and cheese with cornbread Oatcakes with fruit spreads</i>	<i>Quorn roast dinner with all the trimmings Pumpkin seed and apricot flapjack</i>	<i>Seasonal soup starter Three cheese pizzas with paprika wedges and salad</i>
<b>Mid afternoon Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Tea</b>	<i>Pasta Arrabiata with garlic bread Homemade fruit scones</i>	<i>Roasted red pepper and tomato pizza swirls with homemade chips Fruit selection</i>	<i>Apricot and chickpea tagine with herby cous cous Banana smoothies</i>	<i>Seasonal soup and sandwiches Cheese, grapes and crackers</i>	<i>Sweet potato and black pea burgers Fruit selection</i>
<b>Drinks</b>	<i>Fresh water and milk is provided throughout the day</i>				
<b>Allergy Information</b>					



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<b>Mid Morning Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Lunch</b>	<i>Butternut squash, lentil and bean chilli Brown rice and cheesy nachos Fruit and seed flapjack</i>	<i>Roast veg, ricotta and sundried tomato lasagne with homemade chips and seasonal vegetables Fairy cakes</i>	<i>'Toad' in the hole with roast potatoes, spring greens and gravy Fruit jelly</i>	<i>Cheese and onion pie with organic beans and mixed steamed vegetables Fruit crumble and custard</i>	<i>Veggie sausage and white bean casserole with mash and greens Oat cakes and spreads</i>
<b>Mid afternoon Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Tea</b>	<i>Potato and caramelised onion frittata with coleslaw Fresh fruit</i>	<i>Seasonal soup with soda bread Oatcakes with cream cheese and grapes</i>	<i>Miso mushroom and mozzarella burgers with potato salad Fruit salad</i>	<i>Selection of wraps with hummus and tortilla chips Yogurt and dried fruit</i>	<i>Cheese and Quorn ham toasties Fresh fruit</i>
<b>Drinks</b>	<i>Fresh water and milk is provided throughout the day</i>				
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<b>Lunch</b>	<i>Sweet potato, roasted red pepper and pumpkin seed sausage rolls with organic beans and wedges Homemade biscuits</i>	<i>Broccoli and cheddar quiche with new potatoes and steamed veg Mixed cheeses with grapes and crackers</i>	<i>Chickpea, lentil and apricot tagine with herby couscous and minty yogurt Fruit tray bake</i>	<i>Chilli con carne with brown rice, cheddar cheese and sour cream Chocolate and beetroot brownies</i>	<i>Smokey bean and sausage pasta bake with mixed veg and garlic bread Fruit jelly</i>
<b>Mid afternoon Snack</b>	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
<b>Tea</b>	<i>Breadsticks with hummus Asparagus and pea risotto</i>	<i>Organic beans on crumpets Fruit selection</i>	<i>Seasonal soup and sandwiches Natural yogurt with fruit</i>	<i>Creamy, leek and mushroom gnocchi Oatcakes with spreads</i>	<i>Cheese and tomato pizzas with veg sticks Fresh fruit</i>
<b>Drinks</b>	<i>Fresh water and milk is provided throughout the day</i>				
<b>Allergy Information</b>					

## Crossley Mill Nursery Spring Menu