

MOSS HALL NURSERY SCHOOL







Spring / Summer 2020



WEEK 1

06/01, 27/01,
24/02, 16/03








Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
		Cajun Chicken Pizza served with Potato Wedges	Roast Turkey served with Stuffing, Roast Potatoes and Gravy		Fish Fingers or Salmon Fish Fingers served with Chips
Option 2 	Three Bean Chilli Con Carne served with Steamed Rice 	Cheese and Tomato Pizza served with Potato Wedges 	Roast Quorn served with Stuffing, Roast Potatoes and Gravy 	Vegetarian Pasta Bolognese 	Vegetable Nuggets served with Chips 
Vegetables	Carrots Garden Peas	Broccoli Sweetcorn	Carrots Cabbage	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Cheese and Crackers	Pineapple Upside Down Cake with Custard	Fruit Salad	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt

WEEK 2

13/01, 3/02,
02/03, 23/03








Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Macaroni Cheese 		Toad in the Hole served with Mashed Potato and Gravy		Gluten Free Battered Fish served with Chips
Option 2 			Vegetarian Toad in the Hole served with Mashed Potato and Gravy 	Vegetable Stir Fry served with Steamed Rice 	Cheese Flan served with Chips 
Option 3		Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw			
Vegetables	Sweetcorn Carrots	Carrots Green Beans	Cauliflower and Broccoli Garden Peas	Garden Peas Carrots	Baked Beans Garden Peas
Dessert	Fresh Fruit or Yoghurt	Oaty Cookie	Fruit Salad	Cheese and Crackers	Apple Crumble with Custard

WEEK 3

20/01, 10/02,
09/03, 30/03

Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
		Free Range Chicken Tikka Masala served with Steamed Rice	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Organic Beef Burger	Fish Fingers served with Chips
Option 2 		Spinach, Potato and Chick Pea Curry served with Steamed Rice 	Sweet Potato Wellington served with Roast Potatoes and Gravy 	Bean Burger 	Cheese and Onion Pasty served with Chips 
Option 3	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw				
Vegetables	Sweetcorn Green Beans	Green Beans Sweetcorn	Sautéed Cabbage and Leek Carrots	Carrots Garden Peas	Baked Beans Garden Peas
Dessert	Fresh Fruit or Yoghurt	Fruit Salad	Cheese and Crackers	Fresh Fruit or Yoghurt	Flapjack

LOOK FOR THE SUGAR SHERIFF
THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

THIS MENU SUPPORTS:

