



MOSS HALL NURSERY SCHOOL




WEEK 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1		Mexican Organic Minced Beef Bake	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Chicken and Nacho Grill served with Steamed Rice	Gluten Free Battered Fish served with Chips
Option 2  Vegetarian			Roast Quorn served with Stuffing, Roast Potatoes and Gravy	Vegetable and Chick Pea Jambalaya	
Option 3	Tomato and Basil Pasta	Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw			
Vegetables	Sweetcorn Carrots	Cauliflower and Broccoli Garden Peas	Carrots Green Beans	Garden Peas Carrots	Baked Beans Garden Peas
Dessert	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit Salad	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt

WEEK 2

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1		Organic Beef Bolognaise served with Spaghetti	Chicken and Sweetcorn Pie served with New Potatoes	Chicken Korma served with Steamed Rice	Breaded Fish Fingers or Salmon Fish Fingers served with Chips
Option 2  Vegetarian	Sweet Potato and Chick Pea Curry served with Steamed Rice	Vegetarian Bolognaise served with Spaghetti	Cheesy Lentil Roast served with New Potatoes	Vegetable and Bean Biryani	Vegetarian Sausage served with Chips
Option 3					
Vegetables	Sweetcorn Green Beans	Carrots Garden Peas	Sautéed Cabbage and Leek Carrots	Green Beans Sweetcorn	Baked Beans Garden Peas
Dessert	Fresh Fruit or Yoghurt	Fruity Flapjack	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Peaches with Ice Cream

WEEK 3

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Honey and Ginger Chicken served with Steamed Rice	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Organic Beef Chilli Con Carne served with Steamed Rice	Gluten Free Battered Fish served with Chips
Option 2  Vegetarian	Red Pepper and Sweetcorn Pizza served with Potato Wedges	Vegetable Chow Mein	Chick Pea, Barley and Vegetable Pasty served with Roast Potatoes	Vegetarian Chilli served with Steamed Rice	Vegetable Nuggets served with Chips
Option 3					
Vegetables	Carrots Garden Peas	Broccoli Sweetcorn	Carrots Cabbage	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit Salad	Apple Sponge with Custard	Frozen Mango Yogurt



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:

