

# MOSS HALL NURSERY SCHOOL

Autumn - Winter 2018



## WEEK 1

3/9, 24/9, 15/10,  
12/11, 3/12

Main  
Course

Monday.

Macaroni  
Cheese V

Tuesday.

Turkey Burger  
served in a Bun  
with Homemade  
Tomato Sauce

Wednesday.

Roast Chicken  
Thigh served  
with Stuffing,  
Roast Potatoes  
and Gravy

Thursday.

Sweet Potato  
and Chick Pea  
Curry served  
with Rice V

Friday.

Salmon Fish  
Fingers served  
with Chips

Vegetables

Cauliflower  
Roasted  
Root Vegetables

Carrots  
Garden Peas

Sweetcorn  
Steamed  
Cabbage

Green Beans  
Carrots

Garden Peas  
Baked Beans

Dessert

Homemade  
Yoghurt

Fruit Crumble  
served with  
Custard

Fresh Fruit

Fruity Cookie

Cheese and  
Biscuits

## WEEK 2

10/9, 1/10, 29/10,  
19/11, 10/12

Main  
Course

Monday.

Fish Cake  
served with  
Potato Wedges

Tuesday.

Pesto and Cherry  
Tomato Pasta  
Twists V

Wednesday.

Roast Chicken  
Thigh served  
with Stuffing,  
Roast Potatoes  
and Gravy

Thursday.

Shepherds Pie

Friday.

Salmon Fish  
Fingers served  
with Chips

Vegetables

Broccoli  
Sweetcorn

Carrots  
Garden Peas

Sweetcorn  
Carrots

Roast Parsnips  
Green Beans

Garden Peas  
Baked Beans

Dessert

Winter Berry  
Sponge with  
Custard

Homemade  
Yoghurt

Carrot Cake

Cheese and  
Biscuits

Fresh Fruit

## WEEK 3

17/9, 8/10, 5/11,  
26/11, 17/12

Main  
Course

Monday.

Jacket Potato with  
V Grated Cheese  
Tuna Mayo  
V Baked Beans  
V Coleslaw

Tuesday.

Chicken Sausage  
served with  
Mashed Potato  
and Gravy

Wednesday.

Roast Turkey  
served with  
Stuffing, Roast  
Potatoes and  
Gravy

Thursday.

Vegetable  
Lasagne served  
with Garlic Bread

Friday.

Golden Fish  
Fingers served  
with Chips

Vegetables

Garden Peas  
Carrots

Sweetcorn  
Cauliflower

Butternut  
Squash  
Green Beans

Carrots  
Sweetcorn

Garden Peas  
Baked Beans

Dessert

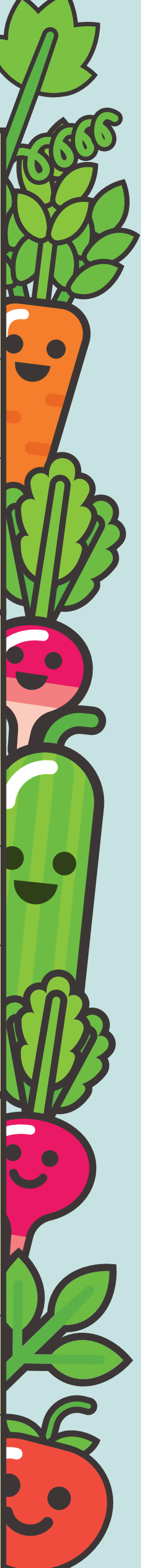
Apple and  
Cinnamon Whirl

Cheese and  
Biscuits

Fresh Fruit

Apple and  
Cherry Pie with  
Custard

Homemade  
Yoghurt



radish  
IT'S ALL GOOD

Children with special dietary requirements will  
be given an alternative meal if necessary

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:

