


# Evergreen Nursery Menu

## Week 1

 <b>EVERGREEN</b> <small>NURSERY</small>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals
<b>Snack</b>	Crackers & cheese with cucumber sticks	Toasted tea cakes with sliced pear	Croissants & strawberries	Toast & jam or marmite with sliced apple	Rice cakes with tangerines
<b>Lunch and Pudding</b>	Sausages / veggie sausage with mash, peas and carrots Rice Crispie Cakes	Jacket Potato with cheese, beans and salad sticks Yoghurt	Spag Bol / Veggie Spag Bol with Garlic Bread Sorbet	Chicken / Veggie Curry with Rice & Naan Bread Jam Sponge and Custard	Fish Fingers, Baked Beans & Potato Wedges Fruit Salad
<b>Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Tea</b>	Tomato Soup with Bread	Pasta Bake	Beans on Toast	Cheese or Ham Wraps	Jacket Potato with sausage & beans

# Evergreen Nursery Menu

## Week 2

 <b>EVERGREEN NURSERY</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals
<b>Snack</b>	Bagels with cream cheese & strawberries	Breadsticks with hummus & apple	Toast & jam with sliced grapes	Crackers with cubed cheese & pineapple chunks	Rice cakes & orange segments
<b>Lunch and Pud- ding</b>	Chicken / veggie pasta with Mediterranean veg Yoghurt	Beef Lasagne / veggie lasagne with broccoli Fruit salad & ice cream	Cheese & tomato pizza with potato wedges & sweetcorn Jelly	Roast chicken / veggie roast with all the trimmings! Chocolate chip biscuit	Fishcakes with chips & peas Lemon cheesecake
<b>Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Tea</b>	Vegetable soup & bread	Sausage roll / veggie option with veg sticks	Crackers & cheese with cherry tomato's	Spaghetti hoops on toast	Tomato pasta


# Evergreen Nursery Menu

## Week 3

 EVERGREEN NURSERY	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals
<b>Snack</b>	Toasted tea cake with banana	Crumpets & raisins	Croissants & strawberries	Rice cakes & pear	Crackers & cheese with sliced grapes
<b>Lunch and Pudding</b>	Beef chilli / veggie chilli with rice & carrots Sponge & custard	Toad in the hole / veggie option with mash & veg Jelly & strawberries	Roast beef or veggie roast with all the trimmings Ice cream	Bolognese bake / veggie bake with broccoli Jam tarts	Fishcakes with potato wedges & baked beans Yoghurts
<b>Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Tea</b>	Tuna Wraps & pepper sticks	Chicken soup & bread	Pizza & veg sticks	Beans on toast	Cheese & tomato pizza with veg sticks

# Evergreen Nursery Menu

## Week 4

 EVERGREEN NURSERY	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals	Toast with jam, honey etc Choice of cereals
<b>Snack</b>	Toasted tea cake & sliced grapes	Bagels with cream cheese & veg sticks	Rice cakes & orange segments	Toast with jam & sliced apple	Bread sticks & hummus with sliced apple
<b>Lunch and Pudding</b>	Meatballs / veggie meatballs & pasta with garlic bread Banana & custard	Beef burger / veggie burger in a bun with chips & peas Sorbet	Shepherds Pie / veggie pie with carrots & green beans Chocolate cake	Chicken / veggie curry with rice & naan bread Jam sponge & custard	Fish fingers with chips & peas Yoghurt
<b>Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Tea</b>	Tomato soup & bread	Cheese & crack- ers with veg sticks	Tomato pasta	Cheese & tomato pizza with cucumber sticks	Spaghetti hoops on toast