

Creative Stars Day Nursery Summer Menu 2020

Breakfast: Beans, spaghetti hoops, scrambled eggs, toast, pitta breads, bagels, avocado, tomatoes, cucumber, porridge, plantain, quorn sausages, a range of cereals and fruits.

Morning Snack: Apples, pears, bananas, strawberries, raspberries, blueberries, melon, oranges, grapes.

Afternoon Snack: Carrot sticks, cucumber slices, tomatoes and lettuce with a range of crackers and rice cakes.

	Monday	Tuesday	Wednesday	Thursday
Week 1	<p>Lunch: Spaghetti Bolognese with veg</p> <p>Alternative Lunch: Quorn spaghetti bolognese with veg</p> <p>Dessert: Yoghurt</p> <p>Tea: Sandwiches – chicken and egg mayo</p>	<p>Lunch: Chicken curry with rice and veg</p> <p>Alternative Lunch: Vegetable curry with rice and veg</p> <p>Dessert: Rice Pudding</p> <p>Tea: Crumpets</p>	<p>Lunch: Vegetable soup</p> <p>Alternative Lunch: N/A</p> <p>Dessert: Fruit Salad</p> <p>Tea: Chicken and cheese salad pittas</p>	<p>Lunch: Tuna pasta bake with garlic bread and veg</p> <p>Alternative Lunch: Wheat and gluten free pasta</p> <p>Dessert: Ice Cream</p> <p>Tea: Dumplings</p>
Week 2	<p>Lunch: Shepherd's Pie with green beans and sweetcorn</p> <p>Alternative Lunch: Quorn shepherd's pie with green beans and sweetcorn</p> <p>Dessert: Fruit Smoothies</p> <p>Tea: Egg salad with crackers and breadsticks</p>	<p>Lunch: Roasted chicken with Yorkshire puddings, potatoes and veg.</p> <p>Alternative Lunch: Fish cake with Yorkshire puddings, potatoes and veg</p> <p>Dessert: Yoghurt</p> <p>Tea: Scones</p>	<p>Lunch: Spinach ricotta tortellini with garlic bread and vegetables</p> <p>Alternative Lunch: Tomato and vegetable pasta</p> <p>Dessert: Jam Tarts</p> <p>Tea: Homemade vegetarian pastry</p>	<p>Lunch: Fried cod with stewed vegetables and rice</p> <p>Alternative Lunch: NA</p> <p>Dessert: Apple crumble with custard</p> <p>Tea: Chicken and cheese bagels</p>
Week 3	<p>Lunch: Spaghetti and meatballs with veg</p> <p>Alternative Lunch: Quorn spaghetti bolognese with veg</p> <p>Dessert: Rice Pudding</p> <p>Tea: Pizza and garlic bread</p>	<p>Lunch: Fried chicken with rice and veg</p> <p>Alternative Lunch: Smoked haddock with rice and veg</p> <p>Dessert: Fruit Smoothies</p> <p>Tea: Tomato Soup</p>	<p>Lunch: Chicken stir fry</p> <p>Alternative Lunch: Vegetable stir fry</p> <p>Dessert: Yoghurt</p> <p>Tea: Jacket potatoes with beans and cheese</p>	<p>Lunch: Salmon with potatoes and vegetables</p> <p>Alternative Lunch: N/A</p> <p>Dessert: Fairy Cakes</p> <p>Tea: Chicken and cheese salad wraps</p>
Week 4	<p>Lunch: Roast lamb with coleslaw, roasted potatoes and veg</p> <p>Alternative Lunch: Vegetable burger with roasted potatoes, coleslaw and veg</p> <p>Dessert: Yoghurt</p> <p>Tea: Teacakes</p>	<p>Lunch: Chicken stew with rice and veg</p> <p>Alternative Lunch: Stewed Quorn mince with rice and veg</p> <p>Dessert: Flap Jacks</p> <p>Tea: Tuna pasta salad</p>	<p>Lunch: Macaroni cheese with salad and garlic bread</p> <p>Alternative Lunch: Vegetable pasta bake with salad and garlic bread</p> <p>Dessert: Fruit kebabs</p> <p>Tea: Jacket sweet potatoes with beans and tuna</p>	<p>Lunch: Quorn sausages with mash potatoes and veg</p> <p>Alternative Lunch: N/A</p> <p>Dessert: Berry strudel with custard</p> <p>Tea: Sandwiches – Tuna and sweetcorn and cheese salad</p>