

# St Helen's School

## WEEKLY MENU: Nursery - Year 2

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken and Butter Bean Tagine	Lamb Chilli Con Carne	Macaroni Cheese	Beans Tuna Mayo and Cheese	Fish Fingers
Vegetarian	Sweet potato Lentil and Green Bean Tagine	Mexican Bean Chilli Con Carne	Tomato and Basil Pasta Bake	Vegetable and Chickpeas Crumble	Vegetable Fritters
Potatoes and Vegetables	Cous Cous Cabbage and Broccoli	Rice and Cauliflower	Roast Root Vegetables Garlic Bread	Jacket Potatoes Carrots and Green Beans	Oven Baked Chips and Peas Coleslaw
Sides	Apple sticks Pineapple slices	Cucumber sticks Carrot sticks	Pepper sticks Grapes	Baby Sweetcorn and Pear Wedges	Carrot Sticks Apple Sticks
Dessert	Rice pudding	Fresh fruit salad and strawberry mousse	Greek yoghurt and berries	Chocolate Cake and Custard	Ice cream and Cinnamon Poached Pears
	Sliced Fresh Bread Daily				

## WEEKLY MENU: Nursery - Year 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Turkey Bolognese with Spaghetti	Caribbean Chicken Curry	Tuna Pasta Bake	Lamb Hotpot	Cheese and Tomato Pizza
Vegetarian	Lentil and Vegetable Mince Bolognese	Lentil Dahl Curry	Vegetable and Potato Bake	Tomato Hotpot	Vegetarian Pizza (including Vegan option)
Potatoes and Vegetables	Green Beans and Roast Root Vegetables	Rice Cauliflower and Broccoli	Garlic Bread Carrots	Peas and New Potatoes Green Beans	Oven Chips Sweet Corn
Sides	Beetroot Apple Slices	Orange Pear Slices	Cherry Tomatoes Pineapple Slices	Cucumber Apple Slices	Carrot Sticks Grapes
Dessert	Banana and Custard	Strawberries and Greek Yoghurt	Semolina and Fruits Berry Compote	Fruity Flapjack	Instant Berry Slush
	Sliced Fresh Bread Daily				

## WEEKLY MENU: Nursery - Year 2

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken and Roast Vegetable Pasta	Lamb Stew and Dumpling	Quorn Lasagne	Salmon Broccoli Crumble	Jerk Chicken
Vegetarian	Quorn Roast Vegetable Pasta	Vegetable Stew and Dumpling	Vegetable Lasagne (Vegan Option)	Vegetable Mince Pie	Jerk Vegetarian Sausage
Potatoes and Vegetables	Naan Bread Green Cabbage	Rice Cauliflower and Broccoli	Roasted Root Vegetables	New Potatoes Broccoli and Peas	Roast Potatoes Carrots and Parsnips
Sides	Pineapple and Oranges Slices	Cherry Tomato Grapes	Pear Slices Apple Slices	Cucumber Sticks Orange Slices	Baby Sweetcorn Pear Wedges
Dessert	Greek Yoghurt and Bananas	Ginger and Pear Sponge Custard	Fruity Rice Krispy Cake	Carrot Cake and Cream	Rhubarb and Fruit Crumble Custard
	Sliced Fresh Bread Daily				