

Sancton Wood Nursery Menus
Week1 Lent term

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Snack	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
Main Course	CHICKEN NOODLES STIR-FRY	LAMB BIRYANI	MAC AND CHEESE TOPPED WITH CRISPY BACON BITS AND CHIVES	COTTAGE PIE	FISH FINGERS
Vegetarian Course	SOY SAUCE AND CHINESE SPICES MARINATED TOFU NOODLES	ROASTED CAULIFLOWER AND RAISINS BIRYANI	MAC AND CHEESE TOPPED WITH SAUTED MUSHROOMS AND SPRING ONIONS	LENTILS, MUSHROOMS AND BABY SPINACH PIE	RICE STUFFED PEPPERS
On the side	STEAMED BOK CHOI	CORIANDER AND CUMIN GREEN BEANS	BROCCOLI	HONEY GLAZED CARROTS AND PARSNIPS	CHIPS GARDEN PEAS
	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS
Dessert	CRUMBLE AND CUSTARD	FRUIT PLATTER	GREEK YOGURT WITH CHOCOLATE OR BERRIES SAUCE	FRUIT PLATTER	JAM TART

Sancton Wood Nursery Menus
Week 2 lent term

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Snack	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
Main Course	TOMATO AND MOZZARELLA BAKED GNOCCHI ALLA "SORRENTINA"	STICKY CHINESE PORK BELLY	CHEESE BEEF SLOPPY JOE BURGERS	JAMAICAN JERK CHICKEN	HAM PIZZA
Vegetarian Course	BUTTERNUT SQUASH AND CAVOLO NERO BAKED GNOCCHI	CHILLI AN GARLIC SEITAN	VEGETARIAN SLOPPY JOE BURGERS	JAMAICAN JERK AUBERGINES	MARGHERITA OR ROAST VEGETABLES PIZZA
On the side	PARMESAN AND GREEN BEANS	CHINESE SPICES RICE AND STEAMED BROCCOLI	POTATO WEDGES COLESLAW CHEESE	BROWN RICE AND BEANS ROASTED SWEET POTATOES	CHIPS AND PEAS
	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS
Dessert	APPLE PIE SERVED WITH CREAM	FRUIT PLATTER	STICKY TOFFEE PUDDING	FRUIT PLATTER	PINAPPLE UPSIDE DOWN CAKE

Sancton Wood Nursery Menus
Week 3 lent term

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Snack	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
Main Course	CHILLI CON CARNE WITH STEAMED RICE	SAUSAGE AND MASH	JOLLOF RICE WITH ROASTED PLANTAIN	ROAST CHICKEN	FISH FINGERS
Vegetarian Course		BUBBLE AND SQUEAK TOPPED WITH FRIED EGGS	JOLLOF RICE WITH ROASTED PLANTAIN	AUBERGINE PARMIGIANA	CAULIFLOWER STEAKS TOPPED WITH PARSLEY AND LEMON BREADCRUMBS
On the side	SWEET CORN SOUR CREAM TORTILLA CRISPS	RED ONION GRAVY PEAS	GREEN BEANS	ROAST POTATOES GRAVY AND ROAST ROOT VEGETABLES	CHIPS AND GARDEN PEAS
	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS	JACKET POTATOES WITH BAKED BEANS
Dessert	CHOCOLATE AND APRICOT JAM CAKE	FRUIT PLATTER AND MIXED FRUIT YOGURTS	BANANA PUDDING	FRUIT PLATTER AND MIXED FRUIT YOGURTS	RICE PUDDING