



# Arbor Green Nursery Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast/Morning Snack</b>	Cereal selection	Scrambled egg & potato scones	Creamy apple, sultana & cinnamon porridge	Croissants with Ham and cheese	Yoghurt and granola topped with raspberries
<b>Lunch</b>	Wiggly spaghetti bolognaise	Ultimate homemade red lentil and butternut squash quinoa	Dig in chicken casserole with rice	Stacked up baked Potatoes with beans and salad	Laid back homemade macaroni with sweetcorn
<b>Dessert</b>	Fresh Fruit	Strawberries and frozen yoghurt	Stewed or fresh apple	rice pudding & nutmeg	Custard and peaches
<b>Afternoon Snack</b>	Pepperoni and cheese puff pastry	Oatcakes with cream cheese and carrots	Breadsticks served with hummus/tomato	Homemade flapjack and fresh fruit	Rice cakes with avocado and tomato

We offer dietary alternatives to the above, please discuss your child's requirements with the manager.

\*All of our menus adhere to current Setting the Table Guidelines



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast/Morning Snack</b>	Porridge and banana	Toast, jam and fresh fruit	Weetabix and berries	Cheese on toast and tomato	Yoghurt, teacakes and fresh fruit
<b>Lunch</b>	Fill you up Tomato soup served with brown bread	Indian vegetable curry and rice	Slowly does it sausage casserole with potatoes	Little monsters homemade pesto pasta	Flapping fishcakes served with peas and parsnip
<b>Dessert</b>	Blueberries & yogurt	Fruit kebabs	Greek yogurt, berries and honey	Fruit selection	Vanilla custard served with apples
<b>Afternoon Snack</b>	Raisin bagels served with vegetable selection	Homemade pizza	Pancakes served with fruit and condiments	Breadsticks with a selection of dips and vegetables	Pitta bread with a selection of fillings

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast/Morning Snack</b>	Yoghurt fruit and honey	Beans on toast	Crackers with cheese and fresh fruit	Bran flakes & fruit	Toast and preserve
<b>Lunch</b>	Scrumptious baked potato with egg mayo and cheese	Irish Beef casserole served with a twist of cous cous	Simply vegetable pasta	Heart-warming chickpea and spinach soup served with Oatcakes	Rainbow vegetable risotto
<b>Dessert</b>	Fresh Pears	Homemade apple crumble	Greek yogurt & honey fruit compote	Stewed or fresh apple	Yoghurt and Raspberries
<b>Afternoon Snack</b>	Homemade muffins	Rice cakes served with avocado and fruit	Cheese and tomato muffins	Crispbread with tuna and sweetcorn	Toasted bagel with hummus and tomato

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast/Morning Snack</b>	Cereal selection	Baked beans and potato scones	Yoghurt and fruit	Porridge and strawberries	Fresh fruit salad with toast
<b>Lunch</b>	Carnival courgette, broccoli and spinach soup served with brown bread	Incredible egg omelette served with carrots and peas	Buddha Bowl (Spinach, brown rice and black beans)	Scottish mince, neeps and tatties	Grandmas homemade lasagne
<b>Dessert</b>	Yoghurt and fruit	Strawberry and banana milkshake	Selection of fresh fruit	Vanilla custard and banana slices	Fresh fruit
<b>Afternoon Snack</b>	Naan bread and chutney with fruit selection	Homemade cheese scones	Ham and cheese puff pastry	Oatcakes with cheese and tomato dip	Breadsticks with vegetables

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