



AUTUMN AND WINTER MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN NURSERY	Red Lentil, Chickpea and Spinach Curry With Basmati Rice	Rustic Farmhouse Chicken or Chunky veg Casserole with Potatoes	Tuna and Sweetcorn Pasta bake with a béchamel cheese sauce	Lamb Chilli-con-carne Or Bean Chilli With Rice and cheese	Vegetable Pilaf Rice Biriyani
MAIN SCHOOL	Red Lentil, Chickpea and Spinach Curry With Basmati Rice	Rustic Farmhouse Chicken or Chunky Veg Casserole with Potatoes	Tuna and Sweetcorn Pasta bake with a béchamel cheese sauce	Lamb Chilli-con-carne Or Bean Chilli With Rice and Cheese	Vegetable Pilaf Rice Biriyani
STARTER/DESSERT	Warm Naan served With mint raita	Homemade Cheese Scones	Seasonal fresh Fruit	Garlic and Rosemary Focaccia	Greek set Yoghurt with Peach Compote
SNACKS	Pitta Bread, Cucumber sticks, Houmas, Naan, Yoghurt dip, Homemade Scones or Rice cakes				
TEA AND DESSERT	Homemade Margarita Pizza Mixed salad Fresh Fruit	Portuguese inspired Golden Vegetable Rice With onion gravy Banana Bread	Mediterranean Quiche Served with baked beans selection of fruit	Selection of Wraps with Cheese, Ham and Salad (Nursery: Soup of the Day) Sugar free Flapjacks	Irish Vegetable soup: With Swede, Parsnip, Turnips, carrots and Potatoes Fruit Selection