

ST GABRIEL'S NURSERY AUTUMN MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Bread & Olives	Cheese Scone	Wholemeal Toast & Toppings	Crackers with Cheese & Apple	Pitta & Cucumber Fingers
MAIN MEAL	Beef Ragu	Chicken & Black Bean Burritos	Mild Moroccan Spiced Cottage Pie	Creamy Turkey Curry	Baked White-Fish Fingers
MEAT FREE	Vegan Lentil Bolognaise	Chipotle Black Bean & Vegetable Burritos	Vegan Moroccan Spiced Cottage Pie	West Indian Spiced Aubergine Curry	Vegan 'Fish' Fingers
ON THE SIDE	Whole Green Beans Battened Carrots	Sweetcorn Cauliflower	Sugar Snap Peas Broccoli	Basmati Rice Carrots & Roasted Cauliflower	Chunky Chips, Peas & Baked Beans
DESSERT	Greek Yoghurt	Fruit Crumble & Cream	Greek Yoghurt	No-Base Lemon & Raspberry Cheesecake	Greek Yoghurt
TEA TIME	Mixed Filling Wrap	Pasta & Tomato Sauce	White Fish Cake	Ham & Cheese Muffin	Tomato Soup & Wholemeal Bread
EVERYDAY	Everyday Sliced, fresh fruit crudité's with tea				