

## ST GABRIEL'S NURSERY AUTUMN MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Crackers with Cheese & Apple	Wholemeal Toast & Toppings	Pitta & Cucumber Sticks	Breadsticks & Olives	Cheese Scone
MAIN MEAL	Oven Baked Pork Sausages with Onion Gravy	Chicken Stir-Fry	Mexican Beef & Bean Chilli	Roast Pork with Homemade Gravy	Breaded Chicken Breast Goujons
MEAT FREE	Vegan Sausages with Onion Gravy	Tasty Tofu Stir-Fry	Roasted Vegetable & Bean Chilli	Halloumi Stuffed Peppers	Homemade Vegetable Cheese Burgers
ON THE SIDE	Mashed Potato Peas & Carrots	Chinese Noodles Stir-Fry Vegetables	Brown Rice Sweetcorn & Green Beans	Steamed New Potatoes Broccoli & Cabbage	Chips Peas & Carrots
DESSERT	Oaty Blueberry Muffin	Greek Yoghurt	Sugar-Free Banana Cake	Greek Yoghurt	Banana Custard
TEA TIME	Tuna & Ham Sandwiches	Tomato Soup & Wholemeal Bread	Cheesy Mash Pie	Panini with Cheese	Muffins & Baked Beans
EVERYDAY	Everyday Sliced, fresh fruit crudité's with tea				