

ST GABRIEL'S NURSERY AUTUMN MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Pitta & Cucumber Sticks	Breadsticks & Olives	Wholemeal Toast & Egg Mayo	Cheese Twist	Crackers with Cheese & Apple
MAIN MEAL	Linguini Carbonara	Chicken Souvlaki	Cottage Pie with a Cheesy Topping	BBQ Pulled Pork	Oven-Baked Fish Fingers
MEAT FREE	Spicy Bean & Tomato Sauce	Falafel	Vegetable & Bean Cottage Pie	BBQ Shredded Celeriac & Tofu	Halloumi & Red Onion in a Malted Roll
ON THE SIDE	Sweetcorn Whole Green Beans	Greek Lemon Potatoes & Mediterranean Veg	Roasted Root Vegetables, Broccoli & Gravy	Crispy Topped Mac'n'Cheese, Cabbage & Carrots	Chips Peas & Sugar Snap Peas
DESSERT	Greek Yoghurt	Fruit Crumble & Cream	Greek Yoghurt	Berry Mousse	Greek Yoghurt
TEA TIME	Mashed Potato with Beans & Crudites	Cheese Panini & cut Fruit	Crackers with Cream Cheese, Ham & Cucumber & Crudites	Oven-Baked White Fish Cake & Cut Fruit	Sandwiches & Crudites
EVERYDAY	Greek / Coconut Yoghurt & Fresh Fruit				