

ST GABRIEL'S NURSERY AUTUMN MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Crackers with Cheese & Apple	Breadsticks & Olives	Pitta & Cucumber Sticks	Wholemeal Toast with Toppings	Cheese Scone
MAIN MEAL	Chicken Sausages	Turkey Strips with Roasted Broccoli, Onion & Peppers	Classic Beef Lasagne	Chicken & Ham Pie Topped with Shortcrust Pastry	Oven-Baked Fish Fingers
MEAT FREE	Vegan Sausages	Roasted Tofu & Halloumi	Vegan Lentil & Bean Lasagne	Creamy Leek & Potato Pie with Cheddar	Vegan 'Fish' Fingers
ON THE SIDE	Mashed Potato Broccoli & Baked Beans	Rice Peas & Carrots	Home-Baked Bread Sweetcorn Whole Green Beans	Minted New Potatoes Carrots & Green Beans	Chunky Chips, Peas & Broccoli
DESSERT	Greek Yoghurt	Apple Cake	Greek Yoghurt	Fresh Pineapple Dessert	Greek Yoghurt
TEA TIME	Toasted Cheese Muffins & Cut Fruit	Tuna & Pepper Wraps & Crudites	Mashed Potato with Beans & Cut Fruit	White Fish Cake Crudites	Assorted Sandwiches & Fresh Fruit
EVERYDAY	Greek / Coconut Yoghurt & Fresh Fruit				

Please note, Week 1 menu will begin on first full week of term (Monday 7 September)