

ST GABRIEL'S NURSERY AUTUMN MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Pitta & Cucumber Sticks	Breadsticks & Olives	Wholemeal Toast & Toppings	Cheese Scone	Crackers with Cheese & Apple
MAIN MEAL	Tomato & Chorizo Pasta Bake	Chicken Tikka Masala	Turkey Stoganoff	Roasted Pork Loin	White Fish Cottage Pie
MEAT FREE	Mac'n'Cheese with add your own toppings	Paneer Tikka Masala	Five Bean & Vegetable Stroganoff	Mushroom & Lentil Puff Roll	Vegetable Cheeseburger
ON THE SIDE	Mixed Green Beans Roasted Carrots	Steamed Rice Turmeric Cauliflower & Broccoli	Penne Pasta, Sweetcorn & Carrots	New Potatoes, Cabbage, Parsnips & Gravy	Peas & Broccoli
DESSERT	Greek Yoghurt	Mango, Passion Fruit & Coconut Cake	Greek Yoghurt	Strawberry Cheesecake	Greek Yoghurt
TEA TIME	White Fish Cake Crudites	Cheesy Crumpets & Cut Fruit	Egg Mayo with Pitta Fingers & Crudites	Cheese & Potato Bake & Cut Fruit	Tuna Panini & Crudites
EVERYDAY	Greek / Coconut Yoghurt & Fresh Fruit				