

ST GABRIEL'S NURSERY SUMMER MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Pitta & Cucumber Sticks	Breadsticks & Olives	Wholemeal Toast & Toppings	Cheese Scone	Crackers With Cheese & Apple Slices
MAIN MEAL	Cumberland Sausages With Fried Onions	Slow Cooked Beef Ragu	Hunters Breaded Chicken With Bacon & BBQ Sauce	Chinese Beef Curry	Oven Baked Fish Fingers
MEAT FREE	Glamorgan Sausages	Bean & Lentil Bolognaise	Mac 'n' Cheese	Chinese Chow Mein	Vegan Sausages
ON THE SIDE	Mashed Potato Gravy Baked Beans & Peas	Spaghetti Sweetcorn & Green Beans	New Potatoes Broccoli & Carrots	Steamed Rice Chinese Vegetables Prawn Crackers	Chunky Chips Baked Beans Mushy Peas
DESSERT	Greek Yoghurt	Lemon & Raspberry Cheesecake	Greek Yoghurt	Fruit Crumble & Custard	Greek Yoghurt
TEA TIME	Potato Waffles, Sliced Ham & Crudites	Cream Cheese With Ham & Cucumber Crackers, & Cut Fruit	Egg & Potato Frittata & Crudites	Butternut Squash Soup With Wholemeal Bread & Cut Fruit	Assorted Sandwiches & Crudites
EVERYDAY	Everyday Sliced, fresh fruit crudités with tea				