

Evergreen Nursery Menu—Week 1

Vegetarian option available. Milk or water served with all meals

 EVERGREEN <small>NURSERY</small>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit
Snack	Crackers Cream Cheese Apple Slice	Rice Cake Houmous Carrot Sticks	Wholemeal Toast with Butter	Toasted muffins and blueberries	Homemade fruit scone
Lunch	Chicken curry Rice Naan bread	Jacket potato with Chilli con carne	Sweet & sour chicken Noodles Green beans	Roast chicken Yorkshire pudding Roast potatoes Root vegetables Stuffing	Macaroni cheese broccoli and peas
Snack	Greek yoghurt & Raspberries	Watermelon Breadsticks	Greek yoghurt & Grapes	Ricecake Cheese cubes Pears	Greek yoghurt & Banana
Tea	Soup with Wholemeal bread	Wholemeal bagel Turkey Salad sticks	Tuna or cheese Wholemeal bread Sandwiches	Cheesy pasta with tomato and peppers	Wholemeal wraps Cheese and Salad sticks

Evergreen Nursery Menu—Week 2

Vegetarian option available. Milk or water served with all meals

 EVERGREEN NURSERY	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit	Choice of cereals Toast Fruit
Snack	Ricecake & Banana	Mini wholemeal pitta bread Houmous Cucumber	Toasted muffin & blueberries	Breadsticks Cheese & Grapes	Wholemeal toast & butter
Lunch	Cheesy brocolli pasta Carrots Sweetcorn	Spanish chicken and mini roast potatoes	Sweet potato & lentil curry Rice	Roast chicken Yorkshire pudding Roast potatoes Root vegetables & stuffing	Fish pie Peas & Sweetcorn
Snack	Greek yoghurt Raspberries	Homemade Muffins	Greek yoghurt Grapes	Homemade fruit scone	Greek yoghurt Banana
Tea	Wholemeal bagel Cheese, Tomato Salad sticks	Tuna or cheese sandwich Salad sticks	Wholemeal wrap Turkey Salad sticks	Wholemeal bread Soup	Cheesy tomato pasta