



RED HEN COOKERY SCHOOL

NURSERY Meals

	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Chicken Breast Tenders (2) Served With Potato Wedges, Peas, Carrots and Tomato Ketchup (Vegetable Bites) Homemade Chocolate Cake	Homemade Mild Vegetable Curry Served with Rice Homemade Apple Sponge Cake	Roast Chicken (Quorn Roast) Served With Roast Potatoes, Mixed Vegetables and Gravy Homemade Banoffee Cake
TUESDAY	Homemade BBQ Cheese and Tomato Pizza on Wholemeal Base Served With Spaghetti Hoops Fromage Frais	Oven Baked Pork Sausages (2) Served With Hash Browns and Baked Beans (Vegetarian Sausages) Neopolitan Ice Cream	Fish Fingers (2) (Fishless Fingers) Served with Potato Wedges, Hoops Fromage Frais
WEDNESDAY	Homemade Mild Chicken Curry made with Chicken Breast and Vegetables (Chicken Style Soya) Served With Rice Ice Cream	Homemade Chicken and Vegetable Casserole (Chicken Style Soya) Served with Mashed Potato Homemade Caramel Sponge Cake	Oven Baked Pork Sausages (2) (Vegetarian Sausages) Served With Roast Potatoes, Seasonal Vegetables and Gravy Ice Cream
THURSDAY	Homemade Italian Neopolitan Tomato Sauce with Pasta Twists Served With Peas and Sweetcorn Homemade Mixed Berry Sponge Cake	Homemade Italian Neopolitan Tomato Sauce with Pasta Twists Served With Carrots and Sweetcorn Fromage Frais	Homemade Mild Beef Chilli Con Carne with Steak Mince (Soya Mince) Served with Rice Homemade Carrot Cake
FRIDAY	Oven Baked Cod Fish Fingers Served With Crispy Potato Cubes and Beans (Vegetable Fingers) Fromage Frais	Oven Baked Cod Fish Stars Served With Crispy Potato Cubes, Peas, Sweetcorn and Ketchup (Vegetable Fingers) Strawberry Sugar Free Jelly	Homemade Chicken and Herby Tomato Pasta Sauce and Pasta Twists (Chicken Style Soya) Served with Garlic Bread Fromage Frais

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