



Longcroft Children's Nursery School



From 1st September 2015

Week 1	AM Snack	Lunch	PM Snack	Tea
Monday	Prepared in rooms	Jacket potatoes with cheese & beans or tuna Fruit crumble and custard	Scones	Chicken wraps, cucumber and carrot sticks Rice crispy cake
Tuesday	Prepared in rooms	Salmon fishcakes and new potatoes Bananas and custard	Rice cakes and fruit	Cheese sandwiches Fruit salad
Wednesday	Prepared in rooms	Roast chicken, roast potatoes & **veg with Yorkshire pudding Yoghurt	Crackers with cheese and apple pieces	Spaghetti on toast, carrot & cucumber Rice pudding (tinned)
Thursday	Prepared in rooms	*Cottage pie (quorn) with vegetables Sponge cake	Bread sticks, carrot & cucumber sticks, Cream cheese	Sausages in bread rolls Ice cream
Friday	Prepared in rooms	Fish fingers, croquette potatoes and baked beans Shortbread with custard	Mackerel pate and toast	Jacket Potatoes with cheese/beans Jelly with fruit

All bread is 'Best of Both' or 50/50

AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

**A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, runner beans, kidney beans



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From 1st September 2015

Week 2	AM Snack	Lunch	PM Snack	Tea
Monday	Prepared in rooms	Quorn lasagne Sponge pudding	Toast and jam	Hot dogs with peas and sweetcorn Ice-cream
Tuesday	Prepared in rooms	*Chicken curry Fresh fruit	Breadsticks with cream cheese	Ham sandwiches Angel delight
Wednesday	Prepared in rooms	*Beef spaghetti Bolognese Fruit crumble and ice cream	Mixed fruit	Jacket potatoes with cheese/beans Yogurts
Thursday	Prepared in rooms	Fish cakes, croquette potatoes, baked beans Jelly	Crumpets	Cheese sandwiches Chocolate cake
Friday	Prepared in rooms	Chilli Con Carne and rice** Bananas & custard	Breadsticks with cheese	Baked beans on toast Rice pudding

All bread is 'Best of Both' or 50/50

AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

**A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, runner beans, kidney beans



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From 1st September 2015

Week 3	AM Snack	Lunch	PM Snack	Tea
Monday	Prepared in rooms	Macaroni cheese with ham, peas and broccoli Jam tart with custard	Mixed fruit	Spaghetti on toast Angel delight
Tuesday	Prepared in rooms	Roast beef, roast potatoes and **vegetables Rice Krispie cake	Rice cakes with fruit	Ham sandwiches Jelly
Wednesday	Prepared in rooms	Sweet and Sour chicken and Rice** Ice-cream with fruit	Bread sticks with cream cheese	Jacket potatoes with beans and cheese or tuna Jam tart
Thursday	Prepared in rooms	Cottage pie with **vegetables Flapjack	Crackers with mackerel pate or cream cheese	Cheese wraps Yogurts
Friday	Prepared in rooms	Fajita's - chicken, salad and veg Rice pudding	Scones with jam	Pasta in a tomato sauce Fruit salad

All bread is 'Best of Both' or 50/50

AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

**A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, runner beans, kidney beans



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Week 4	AM Snack	Lunch	PM Snack	Tea
Monday	Prepared in rooms	Pizza (Quorn chicken), **veg, croquettes, peas and sweetcorn Fruit crumble and custard	Breadsticks with cream cheese and grapes	Cheese muffins Yogurts
Tuesday	Prepared in rooms	Chicken supreme (contains mushrooms, sweetcorn, peas and peppers) rice Jam tart	Toast and jam	Beans on toast Jelly
Wednesday	Prepared in rooms	Beef-burger in a roll with peas and sweetcorn Blueberry muffins	Mixed fruit	Pasta carbonara with bacon Ice-cream
Thursday	Prepared in rooms	Fish pie with vegetables Angel delight	Bread sticks and cream cheese	Spaghetti on toast Bananas and custard
Friday	Prepared in rooms	*Beef casserole, potatoes and vegetables Fruit salad	Crumpets	Ham wraps Yogurts

All bread is 'Best of Both' or 50/50

AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

**A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, runner beans, kidney beans