

STARS NURSERY FOOD MENU

Week 1

Day	AM snack	Lunch	PM Snack	Dinner
Monday	Vegetable crudité	Fish fingers, mash potato and sweetcorn	Crackers, fruit and wafer	Pasta, tomato sauce and sweetcorn
Tuesday	Fruit	Falafel, cous cous and Israeli Salad	Fruit, crackers and cake	Baked Beans on toast
Wednesday	Fruit	Vegetable chilli, Quorn, rice and peas	Bread fingers, fruit and biscuit	Cous cous with tuna and mixed vegetables
Thursday	Fruit	Vegetarian pizza and crudité	Vegetable crudité, bread fingers and cake	Jacket potato and Tuna

Week 2

Day	AM snack	Lunch	PM Snack	Dinner
Monday	Vegetable Crudité	Vegetarian sausage, cous cous and peppers	Crackers, fruit and wafer	Pasta, tomato sauce and sweetcorn
Tuesday	Fruit	Fish Pie and peas	Fruit, crackers and cake	Baked beans on toast
Wednesday	Fruit	Jacket potato and cheese with sweetcorn	Bread fingers, fruit and biscuit	Cous cous and tuna and mixed vegetables
Thursday	Fruit	Tuna and tomato linguini with sweetcorn	Vegetable crudité, bread fingers and cake	Jacket Potato and baked beans

Week 3

Day	AM snack	Lunch	PM Snack	Dinner
Monday	Vegetable Crudité	Salmon en crouete, boiled potatoes with peas	Crackers, fruit and wafer	Pasta, tomato sauce and sweetcorn
Tuesday	Fruit	Vegetable nuggets, cous cous and mixed vegetables	Fruit, crackers and cake	Baked beans on toast
Wednesday	Fruit	Macaroni cheese and sweetcorn	Bread fingers, fruit and biscuit	Cous cous and tuna and mixed vegetables
Thursday	Fruit	Vegetarian Spaghetti bolognese with mixed vegetables	Vegetable crudité, bread fingers and cake	Jacket Potato and tuna