



Holmwood House Nursery & Pre-School Lunch Menu



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|--|
| Main | Toad In The Hole (Gluten, Egg, Milk) | Cajun Spiced Chicken Thighs | Roast Loin Of Pork With Apple Sauce | Hunters Chicken (Milk) | Fish Pie (Fish, Crustaceans, Milk) |
| Vegetarian | Veggie Sausages | Cajun Spiced Sweet Potato Cakes | Vegan Lentil & Herb Roast | Hunters Quorn Fillets (Gluten) | Vegan Fishless Pie (Gluten) |
| Side | Mash & Gravy | New Potatoes | Roast Potatoes, Yorkshire Puddings, Gravy (Gluten, Egg, Milk) | Herb Diced Potatoes | |
| Vegetables | Peas & Broccoli | Sweetcorn, Tomato & Cucumber Salad | Green Beans & Cauliflower | Peas & Carrots | Baked Beans & Sweetcorn |
| Dessert | Jelly & Cream (Milk) | Yoghurt/Fruit | Yoghurt/Fruit | Yoghurt/Fruit | Fruit Crumble & Custard (Gluten, Milk) |
| Protein, Carbohydrate and Composite Salads, Rice, Noodle or Pasta Dish Jacket Potato Bar Fresh Fruit *Alternatives For Allergies Always Available* | | | | | |



Holmwood House Nursery & Pre-School Lunch Menu



| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|---|
| Main | Marinara Meatballs | Roast Pork Loin | Tikka Spiced Chicken Thigh | Chinese Barbecue Chicken & Peppers (<i>Soy, Gluten</i>) | Chicken Goujons (<i>Celery, Gluten</i>) |
| Vegetarian | Vegan Marinara Bean Meatballs | Stuffed Red Peppers | Tikka Spiced Quorn (<i>Gluten</i>) | Chinese Barbecue Mushroom & Peppers (<i>Soy, Gluten</i>) | Quorn Goujons (<i>Celery, Gluten</i>) |
| Side | Spaghetti, Parmesan (<i>Gluten</i>) | Gravy, Roast Potatoes & Yorkshires (<i>Gluten, Egg, Milk</i>) | Rice & Samosas (<i>Gluten</i>) | Noodles & Spring Rolls (<i>Gluten, Egg</i>) | Mash Potato (<i>Milk</i>) |
| Vegetables | Carrots & Peas | Peas & Sweetcorn | Green Beans & Cauliflower | Stir Fried Vegetables | Sweetcorn & Peas |
| Dessert | Yoghurt/Fruit | Fruit Crumble & Custard (<i>Gluten, Milk</i>) | Yoghurt/Fruit | Yoghurt/Fruit | Yoghurt/Fruit |
| Protein, Carbohydrate and Composite Salads, Rice, Noodle or Pasta Dish, Jacket Potato Bar, Fresh Fruit <small>*Alternatives For Allergies Always Available*</small> | | | | | |



Holmwood House Nursery & Pre-School Lunch Menu



| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---------------------------------------|--|-----------------------------|--|
| Main | Chilli Con Carne | Creamy Chicken & Ham Sauce (Milk) | Roast Chicken Breast | Pork Sausages (Gluten) | |
| Vegetarian | Three Bean Chilli | Creamy Mushroom Sauce | Roast Quorn (Gluten) | Veggie Sausages (Gluten) | Jacket Potatoes Chilli Baked Beans Grated Cheddar |
| Side | Rice, Tortilla Chips, Sour Cream & Guacamole (Milk) | Tagliatelle, Garlic Bread (Gluten) | Roast Potatoes, Yorkshire Puddings, Gravy (Gluten, Egg, Milk) | Mash, Gravy (Milk) | |
| Vegetables | Peas & Sweetcorn | Carrots & Green Beans | Cauliflower Cheese & Broccoli | Peas & Cauliflower | Cucumber & Carrot Sticks |
| Dessert | Fruit Jelly & Cream (Milk) | Yoghurt/Fruit | Fruit Crumble & Custard (Gluten, Milk) | Yoghurt/Fruit | Yoghurt/Fruit |
| Protein, Carbohydrate and Composite Salads, Rice, Noodle or Pasta Dish Jacket Potato Bar, Fresh Fruit *Alternatives For Allergies Always Available* | | | | | |



Holmwood House Nursery & Pre-School Lunch Menu



| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-------------------------|--|---|---|---|
| Main | Beef Hotpot | Pork In Teriyaki Sauce (Gluten, Soya) | Roast Turkey | Chicken & Pepper Fajitas | Baked Macaroni Cheese (Gluten, Milk) |
| Vegetarian | Winter Vegetable Hotpot | Quorn & Peppers In Teriyaki Sauce (Gluten, Soya) | Mushroom & Herb Wellington (Gluten) | Black Bean & Pepper Fajitas | |
| Side | Gravy | Noodles & Prawn Crackers (Egg, Gluten) (Crustaceans) | Gravy, Roast Potatoes & Yorkshires (Gluten, Egg, Milk) | Tortilla Wrap, Rice, Guacamole & Sour Cream (Gluten, Milk) | Garlic Bread (Gluten) |
| Vegetables | Carrots & Green Beans | Broccoli & Sweetcorn | Carrots & Cauliflower | Sweetcorn & Peas | Broccoli & Carrots |
| Dessert | Yoghurt/Fruit | Yoghurt/Fruit | Yoghurt/Fruit | Yoghurt/Fruit | Fruit Jelly & Cream (Milk) |

Protein, Carbohydrate and Composite Salads,
Rice, Noodle or Pasta Dish,
Jacket Potato Bar,
Fresh Fruit

Alternatives For Allergies Always Available