

# Holmwood House Nursery & Pre-School Lunch Menu

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

# Holmwood House Nursery & Pre-School Lunch Menu

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



# Holmwood House Nursery & Pre-School Lunch Menu

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

# 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)
<p><b>Protein, Carbohydrate and Composite Salads, Rice, Noodle or Pasta Dish, Jacket Potato Bar, Fresh Fruit</b></p> <p><b>*Alternatives For Allergies Always Available*</b></p>					