

Holmwood House Nursery & Pre-School Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Toad In The Hole <i>(Gluten, Sulphites, Egg, Milk)</i>	Beef Lasagne <i>(Gluten, Milk)</i>	Chicken Tikka Masala	Homemade Pork Sausage Roll <i>(Gluten, Sulphites)</i>	Chilli Con Carne
Vegetarian	Veggie Sausages <i>(Soya)</i>	Vegetable Mince Lasagne <i>(Soya)</i>	Vegetable Tikka Masala	Homemade Vegan Vegetable Roll <i>(Gluten)</i>	Vegetable Mince Chilli <i>(Soya)</i>
Side	Mash & Gravy <i>(Milk)</i>	Garlic Bread <i>(Gluten)</i>	Basmati Rice, Mango Chutney	Mash <i>(Milk)</i>	Rice, Sour Cream, Guacamole <i>(Milk)</i>
Vegetables	Garden Peas	Carrots	Broccoli Florets	Baked Beans	Sweetcorn
Dessert	Fruit Crumble <i>(Gluten)</i>	Yoghurt & Forest Fruits <i>(Milk)</i>	Watermelon & Pineapple	Banana Cake <i>(Egg)</i>	Fruit Jelly
<p>Our main meals are thoughtfully prepared with added vegetables blended into recipes, helping children enjoy a nutritious and balanced meal every day</p> <p><i>*Alternatives For Allergies Always Available*</i></p>					

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognaise	Hunters Chicken <i>(Milk)</i>	Roast Loin Of Pork	Hoi Sin Shredded Chicken <i>(Soya, Gluten)</i>	Jacket Potatoes Tuna Mayo Baked Beans Grated Cheddar <i>(Fish)</i>
Vegetarian	Vegetable Bolognaise	Hunters Quorn Fillets <i>(Gluten)</i>	Butternut & Lentil Bake	Hoi Sin Mushrooms & Peppers <i>(Soya, Gluten)</i>	
Side	Penne Pasta, Garlic Bread <i>(Gluten)</i>	Crushed New Potatoes	Roast Potatoes, Yorkshire Pudding, Gravy <i>(Milk, Gluten, Egg)</i>	Rice, Tortilla Wraps, Sliced Cucumber & Spring Onions <i>(Gluten)</i>	
Vegetables	Carrots	Garden Peas	Cauliflower Cheese	Stir Fried Vegetables	
Dessert	Yoghurt & Fruit Compote <i>(Milk)</i>	Fresh Fruit Salad	Fruit Crumble & Custard <i>(Gluten)</i>	Yoghurt & Berries	

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chilli Con Carne	Sweet & Sour Chicken	Butter Chicken Chicken Curry	Gammon Macaroni Cheese <i>(Gluten, Milk)</i>	Barbecue Chicken Breast
Vegetarian	Three Bean Chilli	Sweet & Sour Quorn Chunks <i>(Milk)</i>	Butter Vegetable Curry	Vegetable Macaroni Cheese <i>(Gluten, Milk)</i>	Barbecue Quorn <i>(Gluten)</i>
Side	Rice, Tortilla Chips, Sour Cream & Guacamole <i>(Milk)</i>	Noodles & Prawn Crackers <i>(Gluten, Egg, Crustaceans)</i>	Basmati Rice, Mango Chutney	Garlic Bread <i>(Gluten)</i>	Mash <i>(Milk)</i>
Vegetables	Garden Peas	Stir Fried Vegetables	Sweetcorn	Broccoli Florets	Baked Beans
Dessert	Fruit Jelly	Yoghurt & Berries <i>(Milk)</i>	Fruit Crumble & Cream <i>(Gluten, Milk)</i>	Yoghurt & Fruit Compote <i>(Milk)</i>	Peaches & Custard

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cumberland Sausages <i>(Gluten, Sulphites)</i>	Garlic & Herb Breaded Chicken <i>(Gluten)</i>	Roast Turkey	Chicken & Pepper Fajitas	Steamed White Fish Fillets <i>(Fish)</i>
Vegetarian	Plant Based Sausages <i>(Soya)</i>	Stuffed Red Peppers	Mushroom & Herb Wellington <i>(Gluten)</i>	Black Bean & Pepper Fajitas	Veggie Fingers <i>(Vegan) (Gluten)</i>
Side	Mash, Gravy <i>(Milk)</i>	Herb Diced Potatoes, Tomato & Basil Sauce	Gravy, Roast Potatoes & Yorkshires <i>(Gluten, Egg, Milk)</i>	Tortilla Wrap, Rice, Guacamole & Sour Cream <i>(Gluten, Milk)</i>	Mash, Parsley Sauce
Vegetables	Broccoli Florets	Garden Peas	Carrots	Sauteed Mixed Peppers	Baked Beans
Dessert	Yoghurt & Fruit <i>(Milk)</i>	Fruit Jelly	Rice Pudding & Fruit Compote	Fruit Crumble <i>(Gluten)</i>	Selection Of Melon

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