


# BROOMHALL NURSERY

## AUTUMN WINTER 2023/24

### WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	Chicken Tikka Curry with Mixed Rice	Yorkshire Pudding with Beef Mince & Roast Potatoes	 Pork Sausage Roll with Baked Potato Wedges  Jacket Potato with Salmon Mayo	Fish Fingers with Chips
Vegetarian Main Course	Beany Veggie Burrito	Cheese & Tomato Pizza with Garlic Bread	Yorkshire Pudding with Vegetarian Mince & Roast Potatoes	Cheese & Onion Roll with Baked Potato Wedges	Veggie Pasta Bake
Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Seasonal Greens	Green Beans Baked Beans Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Sponge	Flapjack Finger	Vanilla Sponge with Custard	Tootie Fruity Jelly with Mandarins	Chocolate Shortbread

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.


Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

# BROOMHALL NURSERY

## AUTUMN WINTER 2023/24

### WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Cheesy Bean Pitta	Beef Pasta Bolognaise	 Pork Sausage Toad in the Hole with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
Vegetarian Main Course	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognaise	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Pastry Roll with Chips
Vegetables	Sweetcorn Garden Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Crumble Bar	Lemon Cake with Custard	Banana Cake with Fruit	Chocolate Cookie	Strawberry Jelly

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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## AUTUMN WINTER 2023/24

### WEEK THREE



PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	BBQ Chicken Meatballs With Mixed Rice	Roast Chicken with Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers with Chips
Vegetarian Main Course	Beany Sausage Pitta	Veggie Mince Cottage Pie	Vegetable Sausage with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Garlic Bread	Cheese & Onion Roll with Chips
Vegetables	Sweetcorn Cauliflower	Mixed Vegetables Garden Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Chocolate Banana Cake	Flapjack with Fruit	Chocolate Sponge with Custard	Lemon Drizzle Cake	Shortbread with Mandarins

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of  
fruit or veg

Source of  
wholegrain

Contains  
plant-based  
proteins

50%  
fruit

Oily  
fish

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