BROOMHALL NURSERY

AUTUMN WINTER 2023/24

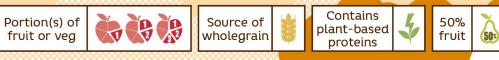


WEEK ONE

| | 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 | Fish Fingers with Chips |
| | | | | | Jacket Potato with Salmon Mayo | |
| | 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 |

Oily fish

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



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

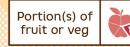
WEEK TWO





| 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





Contains plant-based proteins

Oily fish

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BROOMHALL NURSERY 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





Contains plant-based proteins

Oily fish

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