



NURSERY & PRE-PREP SPECIAL DIET

SUMMER 2024



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lamb Bolognese	Mushroom & Spinach Risotto	Roast Chicken	Cheese & Tomato Pizza	BBQ Pulled Jackfruit
Vegetarian Option	Jackfruit Bolognese		Stir Fry Rice Noodles & Vegetables with a sweet chilli sauce		
On the side	GF Spaghetti Sweetcorn	Broccoli	Roast Potatoes Fresh Baton Carrots	Diced Potato Coleslaw	Chips Mixed Salad
Something Sweet	Banana	Fresh Fruit Salad	Mango Smoothie	Pineapple & Melon Kebab	Vegan Jelly
Fruit	Selection of Fresh Fruit available each day				
Soup	Fresh Homemade soup available daily all vegetarian and allergy free				



ALLERGENS

Ce – Celery, Cr – Crustaceans, E – Egg, F – Fish, G – Gluten, L- Lupin, Legumes, Mk – Milk, Mo – Molluscs, Mu – Mustard, N – Nuts, P – Peanuts, Se – Sesame Seeds, So – Soya, Su – Sulphur Dioxide





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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pasta Spirals with Tomato & Olive Sauce	Cauliflower & Sweet Potato Curry	Mac 'n' Cheese	Cheesy Jacket Potato	Polenta Bruschetta (Su)
Vegetarian Option					
On the side	Carrots	Basmati Rice	Fresh Broccoli	Mixed Salad Carrot & Cucumber Sticks	Chips Sweetcorn
Something Sweet	Banana	Fresh Fruit Salad	Mango Smoothie	Vegetarian Jelly	Watermelon
Fruit	Selection of Fresh Fruit available each day				
Soup	Fresh Homemade soup available daily all vegetarian and allergy free				



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	GF Spaghetti Puttanesca	Quinoa & Roasted Vegetable Chilli	Jackfruit Sausage	GF Penne Pasta with Arrabbiata Sauce	Polenta & Red Pepper Kebab (Su)
Vegetarian Option					
On the side	Sweetcorn	Basmati Rice Broccoli	Sweet Potato Wedges Fresh Baton Carrots	Cauliflower	Chips Mixed Salad
Something Sweet	Banana	Fresh Fruit Salad	Vegan Jelly	Pineapple & Melon Kebab	Mango Smoothie
Fruit	Selection of Fresh Fruit available each day				
Soup	Fresh Homemade soup available daily all vegetarian and allergy free				



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