



The Park Nursery

Example Menu

Monday

Lunch Spaghetti with tomato and vegetable sauce
Fruit crumble and custard

Tea Sandwiches, vegetable batons, raisins

Tuesday

Lunch Lentil and vegetable curry with brown rice
Fresh fruit

Tea Wholewheat pitta bread and salad; home made cake

Wednesday

Lunch Jacket potatoes with cheese, tuna and beans
Fruit & yoghurt

Tea Crackers, raisins, tomatoes, apples.

Thursday

Lunch Fish & potato pie with fresh vegetables
Fromage frais

Tea Toasted crumpets, fruit

Friday

Lunch Spicy chick pea casserole with cous cous
Fresh fruit trifle

Tea Cheese on toast with tomatoes, fruit