



The Wooden Horse Nursery - 2020 MENU



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cheese and tomato pizza Grated Carrot Finger salad Yogurt and fruit	Roast chicken Gravy Carrots and Cabbage Mashed Potatoes Chocolate crispy bake	Mexican beef (Cowboy stew!) Medley of vegetables Brown rice Flapjack and fruit	Cheese and ham pasta Coleslaw and veg sticks Strawberry desert	Fish fingers Peas and sweetcorn Baby potatoes Rice pudding and fruit
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Toad in the hole Sweetcorn and broccoli New potatoes Cookie and apple wedge	Spaghetti Bol. Sweetcorn and broccoli Garlic bread Cheese and crackers	Turkey Meatballs in Tomato sauce Green beans and cauliflower Brown rice Yoghurt and fruit	Macaroni Cheese Carrots and peas Crusty garlic bread Chocolate sponge and custard	Breaded fish pieces Carrots and peas Mashed potatoes Iced sponge
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Minced beef and gravy Yorkshire puddings Medley of vegetables Mashed potatoes Chocolate brownies	Sausages in bread roll Vegetable sticks Sauté potatoes Yoghurt and fruit	Chicken Korma Peas and sweetcorn Brown rice Naan bread Artic roll and mandarins	Cheese and tomato pasta Finger salad Fruit muffins	Fish cakes and mashed potatoes Baked beans Sultana sponge and custard



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SAMPLE MENU for BREAKFAST and TEAS

<u>BREAKFASTS</u> (Variety of cereals daily)	<u>TEAS</u>
Scrambled egg	Spaghetti on toast
Porridge with fruit	Beans on toast
Yoghurt and fruit	Jacket potato with cheese/beans/tuna
Selection of breads e.g. Oat Bread/fruit bread	Pitta bread with selection of fillings
French toast (eggy bread!)	Soup and sandwiches
Crumpets	Pasta and sauce

Pancakes

Boiled eggs and toast/bread and butter



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SAMPLE MENU for SNACKS

Choice of fruit -fresh/dried each day

Cheese biscuits

Malted milk biscuits

Breadsticks

Crackers and cheese

Rice cakes and toppings

Flapjacks

Variety of breads and toppings