**Cheshunt Menu**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Variety of Cereals and Toast with Spreads  | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads |
| **AM Snack** | Variety of Fruits  | Variety of Fruits | Variety of Fruits | Variety of Fruits | Variety of Fruits |
| **Lunch** | Vegetable Curry and Rice  | Chicken Fricassee | Chilli Con Carne and Rice | Cheesy Pasta and Garlic Bread  | Fish Fingers, Chips and Peas  |
| **Pudding** | Shortbread  | Yoghurt  | Custard  | Orange Cake  | Yoghurt |
| **PM Snack** | Crackers/ Breadsticks with Spreads  | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads |
| **Tea** | Cheese and Jam Sandwiches  | Carrot and Raisin Muffins  | Sausage Rolls | Spaghetti Hoops on Toast  | Scones with a variety of Spreads  |
| Please note that nursery tea is not a substantial meal, Parents/Careers are advised to provide an evening mealAll dishes are served with salad / fruit on the side**Vegetarian meals will have a Quorn Substitute**  |

**Cheshunt Menu**

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads | Variety of Cereals and Toast with Spreads |
| **AM Snack** | Variety of Fruits | Variety of Fruits | Variety of Fruits | Variety of Fruits | Variety of Fruits |
| **Lunch** | Tuna Pasta  | Sausage, Vegetables and Mash with Gravy  | Vegetable Lasagne  | Fruity Chicken Curry with Rice  | Pasta Bolognese |
| **Pudding** | Yoghurt  | Vanilla Sponge  | Ice Cream  | Yoghurt  | Cookies  |
| **PM Snack** | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads | Crackers/ Breadsticks with Spreads |
| **Tea** | Muffin Pizzas | Chicken Sandwiches  | Beans on Toast  | Courgette and Cheese Muffins  | Crumpets with a Variety of Spreads  |
| Please note that nursery tea is not a substantial meal, Parents/Careers are advised to provide an evening mealAll dishes are served with salad / fruit on the side**Vegetarian meals will have a Quorn Substitute**  |

**Loughton Spring/Summer Menu**