**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 meal  All 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 meal  All dishes are served with salad / fruit on the side  **Vegetarian meals will have a Quorn Substitute** | | | | | |

**Loughton Spring/Summer Menu**