

Bermondsey Community Nursery

Date: May 2013

Week 1:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit
Lunch 12:00 Noon	Vegetable & Chicken Fried Couscous with Tomato Sauce	Pea & Spinach risotto with garlic bread	Sweet & Sour Pork with Rice and Broccoli	Lentil and Vegetable Pasta with Fried Courgettes	Kedgeriee Fish, Egg and Vegetable Rice
Vegetarian	Vegetable Couscous	Same	Vegetable Stir-Fry	Same	Same
Pudding	Custard with Strawberries	Natural Yoghurt with Fresh Fruit	Homemade Mango & Coconut Jelly	Fresh Fruit e.g. Melons)	Homemade Blueberry Muffins
Tea/Events 3:15pm	Jacket potatoes with Tuna and sweet corn Milk/Juice	Fried Tomatoes & Scrambled Eggs on Toast Milk/Juice	Homemade Hummus with Pitta Bread, olives and tomatoes Fresh Fruit Milk/Juice	Turkey/Cheese Rolls with tomatoes Fresh Carrot Juice Milk/Juice	Carrot soup with breadsticks Milk/Juice

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Week 2:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	closed	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit
Lunch 12:00 Noon		Vegetable & Lentil Casserole with Couscous	Jollof Rice with BBQ chicken and Corn on the cob	Courgette Pasta Carbonara with Peas	Beef & Vegetable Chilli Con Carne with Green Beans and Rice
Vegetarian		Same	Jollof Rice with peas	Same	Quorn Chilli Con Carne
Pudding		Fresh Fruit e.g. mangos	Chocolate Yoghurt with Fresh Fruit	Fromage frais with fresh berries	Semolina Pudding with Dried Fruit
Tea/Events 3:15pm		Mini Tuna & Spinach Muffins Fruit Milk/Water	Lentil and red pepper soup with bread Milk/Water	Cheese Sandwiches Carrot & Cucumber sticks Milk/Water	Sardines with Bread, Cherry Tomatoes, and Cucumbers Milk/Water

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Week 3:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit
Lunch 12:00 Noon	Lamb and aubergine stew with Rice	Sweet potato, chickpea and roast pepper stew with Rice	Beef, Courgette and Carrot Pasta Bolognese with green leaf salad	Vegetable Quiche with coleslaw	Lamb Meatballs in Tomato Sauce with Mash and Peas
Vegetarian	Vegetable Stew with Rice	Same	Vegetable Pasta	Same	Quorn Meatballs
Pudding	Berry Smoothies	Pear and Chocolate Sponge Cake	Rice Pudding with Peach compote	Fresh Fruit Salad	Chocolate Pudding and Orange Slices
Tea/Events 3:15pm	Oat crackers, cheese, olives and carrot sticks Fresh Juice Milk/Juice	Jacket Potatoes with Baked Bean Milk/Juice	Fried Mushrooms with Cream Cheese on Toast Fruit Milk/Juice	Tuna spread with Pitta bread and cucumbers Milk/Juice	Tomato, Mozzarella and Basil Toasties Milk/Juice

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Week 4:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Closed	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit	Milk/Juice Selection of: Bread, Toast, Jams, Spreads, Cereal, Homemade Porridge, Fruit
Lunch 12:00 Noon		Vegetable lasagne with Carrot Slaw	Moroccan Chicken with Apricots and Couscous	Fish fingers with Homemade Chips and Peas	Healthy Homemade Pizza with salad
Vegetarian		Same	Vegetable and Apricot Couscous	Same / Quorn burgers	Veggie Pizza
Pudding		Natural Yoghurt with Fruit	Apple and Raisin Crumble	Chocolate Yoghurt with Bananas	Homemade Carrot Cake
Tea/Events 3:15pm		Spanish Omelette with red peppers Fruit Milk/Juice	Minestrone Soup with bread Milk/Juice	Egg & Cucumber Sandwiches, Fresh Carrot Juice Milk/Juice	Ham and Pea soup with Bread Milk/Juice