

Park House Nursery - 3 Weekly Menu

Week 1 Monday

Jacket potato 7, tuna 5
and cucumber salad
Orange & Apple Slices
Strawberry delight 7

Tuesday

Chicken nuggets 1,2,13, Smilie
Potatoes
and baked beans

Red Grapes & Banana
Choc ice 7,13

Wednesday

Homemade cottage pie 2,7
and diced carrots
Melon & Apple Slices

Chocolate Shortbread 2,4,7

Thursday

Minted lamb and
vegetable hot pot 2,13
Green Grapes & Tangerines
Granola slice 2,12

Friday

Beef Lasagne 1,2,4,7,9,13
and warm crusty bread
Apple & Banana Slices
Fruit yoghurt 7



Week 2 Monday

Pasta Bolognese, cheese
and warm garlic bread 2,4,7
Orange & Apple Slices

Ice cream 7,13 and strawberry sauce

Tuesday

Parsley fish pie with creamy
potato topping, garden peas 2,5,7

Red Grapes & Banana

Buttered Malt Loaf 2,7

Wednesday

Curried chicken & lentil stew and
boiled rice 1

Melon & Apple Slices

Cheesecake 4,7

Thursday

Ham and cheese pizza 2,7
and tomato salad

Green Grapes & Tangerines

Fruit yoghurt 7

Friday

Vegetable soup with buttered brown
bread triangles 1,2

Apple & Banana Slices

Raspberry sponge and custard 2,7

Week 3 Monday

Mild chicken curry, boiled rice
and warm naan bread 2,9

Orange & Apple Slices

Flap jack 2,7

Tuesday

Meat and Potato Pie 2,13
and Garden Peas

Red Grapes & Banana

Orange jelly and cream 7

Wednesday

Fish fingers, mashed cheesy potato
and baked beans 2,5,7

Melon & Apple Slices

Fruit yoghurt 7

Thursday

Macaroni cheese, side salad
and herby garlic bread 2,7

Green Grapes & Tangerines

Strawberry trifle 7

Friday

Sausages, creamy mashed potato
1,2,13 onion gravy, carrot and
sweetcorn

Apple & Banana Slices

Angel Cake 2

Allergen Information: Key

1-Celery

2- Cereals containing gluten

3-Crustaceans

4-Eggs

5-Fish

6-Lupin

7-Milk

8-Molluscs

9-Mustard

10-Nuts

11-Peanuts

12-Sesame seeds

13-Soya

14-Sulphur dioxide

- All main courses are home made and cooked fresh everyday.
- There is no salt or stock cubes added, these meals are made with having the children's health in mind.
- All meat is from Harrison and Garrett butchers
- We have tried to make the menu as varied as possible and different each day of the week to cater for children attending full or part time.

Mr. Billy Saxon, Newsbeat Kitchen