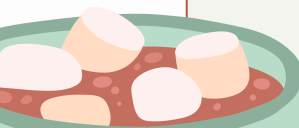




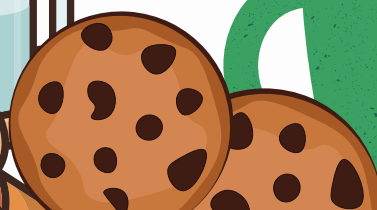
Evergreen Lodge Nursery & Preschool

Winter Menu - WK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.
Snack	Breadsticks, cucumber & apple.	Crackers, cheese, grapes & peppers.	Oatcakes, grapes & a banana.	Rice cakes, pepper and pear.	Pitta, cucumber, hummus & pear.
Dinner	Creamy cheese & potato pie with baked beans.	Beef lasagne, garden peas & garlic bread.	Roast chicken, crispy roast potatoes, broccoli, carrots, peas & stuffing.	Pork sausage, mashed potato, green beans & cauliflower.	Vegetable pasta in tomato sauce with sweetcorn.
Dessert	Apple crumble & custard.	Blueberry muffin.	Yoghurts.	Vanilla cupcakes.	Banana & custard.
Tea	Wraps with ham & cheese and a banana.	Beans on toast & a pear.	Pasta bake with tuna and an apple.	Homemade pizza with peppers & grapes.	Chicken or ham sandwiches with grated carrot & apple.



Tea

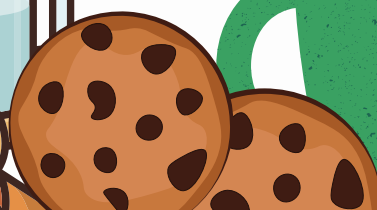




Evergreen Lodge Nursery & Preschool

Winter Menu - WK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal, fresh fruit & toast.
Snack	Crackers, cheese, carrot sticks & oranges.	Breadsticks, pepper & apple.	Rice cakes, grapes & strawberries.	Pitta bread, cheese, carrots & oranges.	Oatcakes, apple & cucumber.
Dinner	Chilli con carne with rice.	Salmon tagliatelle with broccoli.	Chicken stew, new potatoes & carrots.	Roast pork, mashed potato, broccoli, peas, carrots & gravy.	Homemade fish cakes, potato wedges & sweetcorn.
Dessert	Fruit cocktail & ice cream.	Flapjack.	Pineapple upside down cake.	Rice pudding.	Chocolate brownie.
Tea	Spaghetti on toast with a fruit yoghurt.	Jacket potato, baked beans & a banana.	Cheese spread or jam sandwiches with cucumber & pear.	Tomato soup & crusty bread.	Cheese on toast with carrots & grapes.

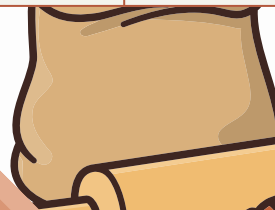




Evergreen Lodge Nursery & Preschool

Winter Menu - WK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.
Snack	Oatcakes, cucumber & apple.	Crackers, cheese, orange & peppers.	Bread sticks, grapes & cucumber.	Rice cakes, apple & grated carrot.	Cheese straws, pepper & orange.
Dinner	Homemade chicken goujons, potato wedges & baked beans.	Cheese & tomato pasta bake, broccoli & peas.	Roast beef, Yorkshire pudding, mashed potato, cauliflower & broccoli.	Spaghetti bolognese & garlic bread.	Sausage & bean casserole, cubed potato, carrots & green beans.
Dessert	Chocolate muffins.	Fruit yoghurts.	Red berry fruit crumble & custard.	Fruit cocktail & cream.	Rice Krispie cake.
Tea	Jam on toast, banana & orange.	Crumpets, grated carrot & banana.	Spaghetti on toast.	Chicken or cheese sandwiches with cucumber & pear.	Cheese or ham rolls with grapes & cucumber.





Evergreen Lodge Nursery & Preschool

Winter Menu - WK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal, fresh fruit & toast.	Selection of cereal, fresh fruit & toast.	Selection of cereal, fresh fruit & toast.	Selection of cereal, fresh fruit & toast.
Snack	Malt loaf, banana & carrot.	Ritz crackers, banana & pepper.	Crackers, cheese, cucumber & orange.	Pitta, hummus, pepper & grapes.	Breadsticks, melon & cucumber.
Dinner	Chicken pie, baby potatoes, peas & broccoli.	Cottage pie, sweetcorn, carrots & peas.	Mild chicken curry, rice & naan bread.	Mac & cheese with broccoli & sweetcorn.	Fish pie with peas & sweetcorn.
Dessert	Banana cake.	Jelly.	Lemon drizzle cake.	Angel Delight.	Sticky toffee pudding.
Tea	Jacket potato, cheese & apple.	Bagels with ham or cream cheese & a pear.	Tomato soup & bread.	Tuna or cheese wraps with carrot sticks & grapes.	Cheese & tomato pasta, grated carrot & a pear.

