



Evergreen Lodge Nursery & Preschool

Summer Menu - WK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Wholemeal toast, Weetabix, banana. <i>G,D</i>	Rice Krispies, fruit oat bars & Greek yoghurt <i>G,D</i>	Wholegrain toast, melon & porridge <i>G,D</i>	Wholemeal toast, malt wheats & grapes <i>G,D</i>	Multigrain hoops, oat bars & Greek yoghurt <i>G,E,D</i>
Snack	Cream crackers, grated cheese and pear. <i>G,D</i>	Steamed broccoli, grapes & rice cakes	Malt loaf, grated carrot & blueberries <i>G</i>	Warm pitta fingers, humous & rainbow peppers <i>G,S,SD</i>	Seasonal vegetable sticks, cheese spread & sultanas <i>D, SD</i>
Lunch	Roast beef, mashed potato, Yorkshire pudding, carrots, peas & gravy. <i>G,E,D</i>	Homemade chicken goujons, cubed roasted potatoes & sweetcorn. <i>G,D,E</i>	Cheesy vegaetable pasta shells, broccoli & peas <i>G,D</i>	Pork & vegetable stir fry with noodles <i>F,G,S,SD</i>	Homemade fish cakes, potato wedges & peas <i>D,F,G</i>
Dessert	Strawberries & fresh cream. <i>D</i>	Banana cake <i>G,E,D</i>	Natural yoghurt & fruit puree <i>D</i>	Fresh raspberries & ice cream <i>D</i>	Srawberry Angel Delight <i>D</i>
Tea	Baked beans on wholemeal toast <i>G</i>	Cheese rolls, orange & peppers <i>G,D</i>	Ham & tomato pin wheels, apple & cucumber <i>G</i>	Toasted crumpets, cucumber sticks & pear <i>D,G</i>	Homemade piz wraps & grated apple <i>D,G</i>





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Summer Menu - WK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Porridge, wholemeal toast & banana <i>G,D</i>	Rice Krispies, wholemeal toast & natural yoghurt <i>G,D</i>	Oat bars, pear & wholemeal toast <i>G,D</i>	Weetabix, banana & wholemeal toast <i>G,D</i>	Wholemeal toast, malt wheats & cinnamon apple <i>G</i>
Snack	Salad sticks, humous & melon <i>S</i>	Bread sticks, cream cheese & peppers <i>D,G</i>	Turkey & pepper pittas with grated cheese <i>G</i>	Cream crackers, cucumber & pear <i>G</i>	Sugar free jam toasted fingers, oranges & grapes <i>G</i>
Lunch	Chicken curry, wholegrain rice & naan bread <i>D,G</i>	Roast pork, new potatoes, cauliflower, broccoli, carrots & gravy <i>G</i>	Homemade fish fingers, mash potato, peas & broccoli <i>E,F,G</i>	Beef lasagna with homemade garlic bread <i>D,G</i>	Cheese & potato pie with baked beans <i>G</i>
Dessert	Fruity flap jack <i>SF</i>	Sugar free jelly & fresh fruit cocktail	Strawberries & pouring cream <i>D</i>	Sugar free blueberry muffins <i>D,E,G</i>	Natural Greek yoghurt & homemade fruit puree <i>D</i>
Tea	Ham or cheese spread sandwiches, watermelon & orange <i>D,G</i>	Spaghetti hoops on wholemeal toast <i>G</i>	Tomato vegetable pasta twirls <i>G</i>	Toatsed bagels, cucumber sticks & oranges <i>G</i>	Egg or chicken mini wraps, grated apple & banana <i>E,G</i>





Evergreen Lodge Nursery & Preschool

Summer Menu - WK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Weetabix, wholemeal toast & oranges <i>G,D</i>	Homemade oat bars, banana & multigrain hoops <i>G,D</i>	Wholemeal toast, porridge & sultanans <i>G,D,SD</i>	Malt wheats, melon & natural yoghurt <i>G</i>	Wholemeal toast, Rice Krispies & grapes <i>D,G</i>
Snack	Oat cakes, grated apple & melon	Malt loaf, grated carrot & apple <i>G</i>	Homemade pancakes & strawberries <i>D,E</i>	Salad sticks, humous & watermelon <i>G</i>	Cream crackers, grated cheese & banana <i>D,G</i>
Lunch	Roast chicken, minted new potatoes, stuffing, sweetcorn, carrots & gravy <i>G</i>	Chilli con carne, wholegrain rice, sour cream & chive <i>D</i>	Three vegetable mac & cheese & garden peas <i>D,G</i>	Homemade breaded fish cakes, sweet potato wedges & peas <i>D,E,F,G</i>	Spaghetti Bolognaise <i>G</i>
Dessert	Greek yoghurt & raspberries <i>D</i>	Banana Angel Delight <i>D</i>	Sugar free carrot cake <i>D,E,G</i>	Apple & sultana slice <i>E,G,SD</i>	Fruit salad & pouring cream <i>D</i>
Tea	Ham & tomato baked muffins & steamed broccoli <i>G</i>	Cheese or tuna sandwiches, peppers & pear <i>D,G,F</i>	Baked beans on toast <i>G</i>	Chicken or jam soft rolls, cucumber & pear <i>G</i>	Scrambled egg bagels & melon <i>E,G</i>

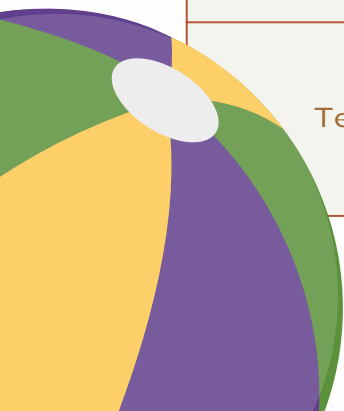




Evergreen Lodge Nursery & Preschool

Summer Menu - WK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Wholemeal toast, Rice Krispies & grapes <i>G,D</i>	Multi grain hoops, oat bars & Greek Yogurt <i>G,D</i>	Wholemeal toast, porridge & banana <i>D,G</i>	Weetabix, natural yoghurt & melon <i>D,G</i>	Wholemeal toast, Malt wheats & oat bars <i>D,G</i>
Snack	Bread sticks, cream cheese dip & rainbow peppers <i>D,G</i>	Rice cakes, banana & blueberries	Pitta fingers, humous & grated carrot <i>G,S</i>	Fruit tea loaf & banana <i>G</i>	Cheese & crackers, steamed broccoli & pear <i>D,G</i>
Lunch	Vegetable pie, peas, cauliflower & gravy <i>G</i>	Homemade beef burgers, mini rolls, potato cubes & tomato salsa dip <i>G</i>	Chicken & vegetable fried rice with broccoli <i>E</i>	Pork sausages, mashed potato, carrots, cauliflower & gravy <i>G</i>	Beef meatballs, tomatoe sauce & penne pasta <i>D,G</i>
Dessert	Natural yoghurt & apricot puree <i>D</i>	Peaches & squirty cream <i>D</i>	Fruity flap jack <i>SD</i>	Lemon drizzle cake <i>E,G</i>	Homemade scones, strawberry jam & cream <i>D,G</i>
Tea	Tuna & sweetcorn pasta <i>D,E,F,G</i>	Cheese; pin wheels, cucumber & apple <i>D,G</i>	Cheese or ham finger rolls, pear & grapes <i>D,G</i>	Scrambled egg on wholemeal toast <i>E,G</i>	Ham & pineapple pizza wraps, peppers & oranges <i>D,G</i>



Food Allergen Icons



D - Dairy



*SD - Sulphor
Dioxide*



G - Gluten



M - Mustard



E - Eggs



N - Nuts



F - Fish



S - Sesame