

Chaulend Nursery and Downside preschool Sample Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for their lunch.	American style sticky BBQ chicken.	Baked sausages served with a Yorkshire pudding and gravy	Breaded salmon fillet served with a selection of table sauce.	Homemade spaghetti bolognese served with garlic bread & grated cheese.	Homemade pizza served with our special tomato, sauce and your school picked toppings.
Vegetarian option Jacket potatoes with cheese, tuna, beans etc, available everyday	Glamorgan sausage. Cheese, onion, leek and potato.	Vegetable nuggets served with homemade tomato & herb sauce	Macaroni cheese served with homemade herby bread	Mexican vegetable and bean wraps	Spanish omelette with tomato and herb sauce.
Homemade soup	Chefs choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice
Starchy Food Various bread Choices in the week	Baked wedges	Dry roasted or creamed potatoes	Baby new potatoes Tomato pasta	Spaghetti Mexican brown rice	Chips
Vegetables Daily salad bar and homemade specials	Mixed salad Peas	Sliced carrots and cauliflower	Green beans & sweet corn	Broccoli crunchy salad	Baked beans
Dessert Menu choices may alter based upon school & pupil preference	Exotic fruit platter with water melon wedges. Organic yogurts fresh fruit	Homemade creamy rice pudding with pineapple & raspberry sauce. Organic yogurts Fresh fruit	Golden syrup sponge cake served with custard. Organic yogurts Fresh fruit	Chef choice seasonal fruit pudding Organic yogurts Fresh fruits	Fruit ice smoothies Organic yogurts Fresh fruit

Chaulend Nursery and Downside preschool Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish <i>We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for their lunch.</i>	Fish fingers served with tartar sauce and tomato sauce.	Roast chicken and stuffing balls, served with gravy	Sausage and pasta bake topped with grated cheese	Homemade mild chicken balti style curry served with Naan bread.	Homemade pizza served with our special tomato, sauce and your school picked toppings.
Vegetarian option <i>Jacket potatoes with cheese, tuna, beans etc, available everyday</i>	Vegetarian sausage roll	Qourn fillet served with rich gravy	Cheese pinwheels	Homemade vegetable and bean lasagne served with garlic bread	Vegetable Samosa served with mango chutney
Homemade soup	Chefs choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice
Starchy Food <i>Various bread Choices in the week</i>	Baked wedges	Herby roast potatoes	Hash browns	Pasta sunshine rice	Chips
Vegetables <i>Daily salad bar and homemade specials</i>	Mixed leafy salad & whole green beans	Broccoli mashed swede	Sweet corn & peas	Sliced carrots & crunchy fete salad	Mixed salad & baked beans
Dessert <i>Menu choices may alter based upon school & pupil preference</i>	Exotic fruit platter with water melon wedges. Organic yogurts fresh fruit	Fruity cheesecake Organic yogurts Fresh fruit	Raspberry flapjack Organic yogurts Fresh fruit	Pear & chocolate sponge with chocolate custard Organic yogurts Fresh fruits	Assorted fruit jelly pots. Organic yogurts Fresh fruit