



# Menu - Week 2



**St Edmund's**  
Nursery School and  
Children's Centre

All meat used is halal. Dietary requirements and allergies will be catered for on an individual basis. We only use low/ no salt products and we never add salt to recipes. The four main food groups are offered at every meal -fruit/veg ( **F/V** ), carbohydrates ( **C** ), dairy ( **D** ) and protein ( **P** ).

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Breakfast

A healthy choice of porridge, weetabix, cornflakes or rice krispies with semi-skimmed milk. Followed by hot buttered toast or crumpets and fresh seasonal fruit. Drinks include milk or water. Children are supported to make choices, serve their own food, and pour their own drinks.

### Lunch

Keema Curry (minced lamb and peas) served with brown rice and raita  
( **C** ) ( **D** ) ( **P** ) ( **F/V** )

Salmon and Pea Risotto  
( **C** ) ( **D** ) ( **P** ) ( **F/V** )

Tomato, Lentil and Vegetable pasta bake topped with cheese  
( **C** ) ( **D** ) ( **P** ) ( **F/V** )

Beef Haleem Served with raita  
( **C** ) ( **D** ) ( **P** )

Roast chicken dinner served with carrots, broccoli, new potatoes and homemade gravy,  
( **C** ) ( **P** ) ( **F/V** )

### Dessert

Homemade mango lassi  
( **D** ) ( **P** ) ( **F/V** )

Banana bread  
( **C** ) ( **D** ) ( **P** )

Plain natural yogurt - topped with fruit from the fruit bar and blitzed frozen berries  
( **D** ) ( **P** ) ( **F/V** )

Carrot cake  
( **C** ) ( **D** ) ( **P** )

Plain natural yogurt - topped with fruit from the fruit bar and blitzed frozen berries  
( **D** ) ( **P** ) ( **F/V** )

### Fruit Bar - to be served with dessert at lunch and tea

### Tea

Milky scrambled egg served with wholemeal toast  
( **C** ) ( **D** ) ( **P** )

Homemade pitta pizzas served with potato wedges  
( **C** ) ( **D** ) ( **P** ) ( **F/V** )

Chicken Fajitas with homemade guacamole, salsa, sour cream and cheese  
( **C** ) ( **D** ) ( **P** ) ( **F/V** )

Tuna and cheese sandwiches on wholemeal bread  
( **C** ) ( **D** ) ( **P** )

Sweet potato and lentil soup served with cheesy soldiers  
( **C** ) ( **D** ) ( **P** ) ( **F/V** )

### Salad / Veg Bar - to be served with lunch and tea



**Monday: Keema Curry**  
(Click to view full recipe)



**Tuesday: Salmon and Pea Risotto**  
(Click to view full recipe)



**Wednesday: Tomato, Lentil and Vegetable pasta bake topped with cheese**  
(Click to view full recipe)



**Thursday: Beef Haleem Served with raita**  
(Click to view full recipe)



**Friday: Roast chicken dinner served with carrots, broccoli, new potatoes and homemade gravy,**  
(Click to view full recipe)