 St Vincent’s Winter Menu – Week 1 

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Vegan Day) | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Served 8-8.30 | Cereal - Weetabix, Shreddies or Rice Krispies  Toast  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Pancakes  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  English Muffins  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Bagels  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Tea Cakes  A choice of soft fruit available |
| Snack | Melon | Wholemeal bread with Roast pepper houmous | Pineapple and Oranges | Crackers and Cucumber sticks with cream cheese dip | Carrot sticks with cream cheese dip and houmous |
| Lunch | Vegetarian Meatballs in a tomato sauce with pasta | Homemade Chicken Curry served with rice and naan bread | Fish Fingers with homemade potato wedges and peas | Lamb Hotpot with potato and green vegetables | Sweet potato and chickpea curry with brown rice |
| Vegetarian Option | Vegetarian Meatballs in a tomato sauce with pasta | Vegetarian Curry served with rice and naan bread | Vegetarian Fingers with homemade potato wedges and peas | Vegetarian hot pot with potato and green vegetables | Sweet potato and chickpea curry with brown rice |
| Dessert | Fruit Salad and Yoghurt | Oven baked banana with chocolate sauce | Mixed Melon | Apple and Mixed Berry Crumble served with Custard | Fruit Salad and Yoghurt |
| Tea | Homemade Soup of the Day served with bread | Jacket potato with baked beans and cheese | Chicken or vegetable biryani | Spaghetti with homemade tomato sauce | Vegetarian Mexican Chilli in an open bun |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

We provide Halal meat at St Vincent’s Nursery, please let the management team know if you require this option

We provide a wide variety of fresh fruit to the children including apples, pears, bananas, melon, mixed berries, oranges and more

If you need more details regarding the ingredients that is included with any of these meals, please ask a member of the management team

We do not use nuts on site and do not accept any foods into the nursery that may contain nuts.

 St Vincent’s Winter Menu – Week 2 

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Vegan Day) | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Served 8-8.30 | Cereal - Weetabix, Shreddies or Rice Krispies  Toast  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Tea Cakes  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Pancakes  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  English Muffins  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Bagels  A choice of soft fruit available |
| Snack | Melon | Wholemeal bread with Roast pepper houmous | Pineapple and Oranges | Crackers and Cucumber sticks with cream cheese dip | Carrot sticks with cream cheese dip and houmous |
| Lunch | Roast vegetable curry served with rice and naan bread | Fish Fingers with homemade potato wedges and mixed vegetables | Roast chicken dinner with roast potatoes, Yorkshire pudding and vegetables | Mexican vegetable chilli served with quinoa | Spaghetti bolognaise served with cheese |
| Vegetarian Option | Roast vegetable curry served with rice and naan bread | Vegetable Fingers with homemade potato wedges and mixed vegetables | Quorn fillet roast dinner with roast potatoes and vegetables | Mexican vegetable chilli served with quinoa | Spaghetti bolognaise with quorn served with cheese |
| Dessert | Fresh Fruit Salad | Frangipane Tart with custard | Mixed Melon | Rice pudding with Jam | Fruit Salad and Yoghurt |
| Tea | Homemade Soup of the Day served with bread | Jacket potato with baked beans and cheese | Vegetable Biryani | Orzo pasta with a tomato sauce | Chicken or Vegetable Soup served with bread |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

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We provide a wide variety of fresh fruit to the children including apples, pears, bananas, melon, mixed berries, oranges and more

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 St Vincent’s Winter Menu – Week 3 

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Vegan Day) | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Served 8-8.30 | Cereal - Weetabix, Shreddies or Rice Krispies  Toast  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Bagels  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Tea Cakes  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Pancakes  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  English Muffins  A choice of soft fruit available |
| Snack | Melon | Wholemeal bread with Roast pepper houmous | Pineapple and Oranges | Crackers and Cucumber sticks with cream cheese dip | Carrot sticks with cream cheese dip and houmous |
| Lunch | Pesto pasta with peas served with salad | Lamb hotpot served with green beans | Mexican vegetable chilli served with quinoa | Fish cakes served with homemade spicy potato wedges & peas and carrots | Roast chicken with mash potato and vegetables served with onion gravy |
| Vegetarian Option | Pesto pasta with peas served with salad | Vegetarian butternut squash hotpot served with green beans | Mexican vegetable chilli served with quinoa | Bubble and squeak cakes served with spicy potato wedges, peas and carrots | Quorn fillet roast with mash potato and vegetables served with onion gravy |
| Dessert | Fresh Fruit Salad with custard | Rice pudding | Mixed Melon | Chocolate and Raspberry Brownies | Fruit Salad and Yoghurt |
| Tea | Vegetable Biryani | Tagliatelle pasta in a white mushroom sauce | Jacket potato with baked beans and cheese | Homemade Soup of the Day served with bread | Vegetable chilli served with brown rice |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

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 St Vincent’s Winter Menu – Week 4 

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Vegan Day) | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Served 8-8.30 | Cereal - Weetabix, Shreddies or Rice Krispies  Toast  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  English Muffins  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Bagels  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Tea Cakes  A choice of soft fruit available | Cereal - Weetabix, Shreddies or Rice Krispies  Pancakes  A choice of soft fruit available |
| Snack | Melon | Wholemeal bread with Roast pepper houmous | Pineapple and Oranges | Crackers and Cucumber sticks with cream cheese dip | Carrot sticks with cream cheese dip and houmous |
| Lunch | Vegetarian meatballs served with mash potato and onion gravy | Chicken tandoori served with spicy savoury rice and naan bread | Vegetarian sausage toad in the hole served with bubble and squeak | Lamb shepherd’s pie served with green cabbage | Fish goujons served with homemade potato wedges and vegetables |
| Vegetarian Option | Vegetarian meatballs served with mash potato and onion gravy | Vegetarian kebab tandoori served with spicy savoury rice and naan bread | Vegetarian toad in the hole served with bubble and squeak | Quorn shepherds pie served with green cabbage | Vegetable fingers served with homemade potato wedges and vegetables |
| Dessert | Fruit Salad with yoghurt | French Apple cake and custard | Mixed Melon | Carrot Cake and custard | Fruit Salad and custard |
| Tea | Jacket potato with baked beans and cheese | Homemade Soup of the day served with bread | Vegetable chilli with brown rice | Tagliatelle pasta in a tomato sauce | Mixed Sandwiches |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

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