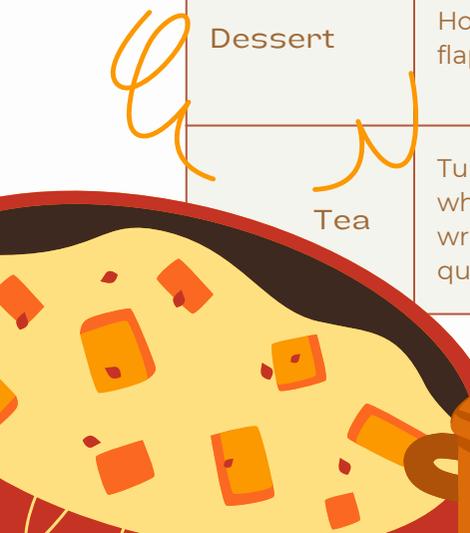




# Evergreen Lodge Nursery & Preschool

## Winter Menu - WK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Wholemeal toast, rice Krispies & melon cubes. <b>G</b>	Wholemeal toast, malt wheats & blueberries <b>G</b>	Wholegrain toast, multigrain hoops & natural yoghurt <b>G,D</b>	Wholemeal toast, warm Weetabix & banana <b>G</b>	Wholemeal toast, porridge & hard boiled egg <b>£,G</b>
Snack	Carrot & cucumber sticks with cream cheese <b>D</b>	Rice cakes & banana <b>G</b>	Homemade pancakes with fresh strawberries <b>D,£</b>	Warm pitta sticks, beetroot humus & cucumber sticks <b>G,S</b>	Oat cakes, grated apple & peaches <b>G</b>
Dinner	Hearty cottage pie, cabbage, carrots & peas <b>D,F,G</b>	Chicken curry with wholegrain rice & naan bread <b>G</b>	Cheese, onion & potato pie with baked beans <b>D</b>	Cod in parsley sauce, new potatoes, sweetcorn & broccoli <b>D,F</b>	Wholewheat pasta in a vegetable & tomato sauce. <b>G</b>
Dessert	Home baked fruity flapjack <b>G, SU</b>	Apple crumble & custard <b>D,G</b>	Natural Yoghurt & fruit puree <b>D</b>	Fruit salad & pouring cream <b>D</b>	Apple & sultana slice <b>D,£,SU</b>
Tea	Tuna or chicken wholemeal mini wraps & orange quarters <b>G</b>	Oven baked crispy jacket potatoes & cheese <b>D,£</b>	Vegetable soup with crusty rolls <b>G</b>	Homemade pizza muffins, bite size broccoli & grated apple <b>D,G</b>	Scrambled egg on wholemeal toast & pear <b>£,G</b>





# Evergreen Lodge Nursery & Preschool

## Winter Menu - WK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Porridge, wholemeal toast & banana <i>D, E, G</i>	Hard boiled eggs, wholemeal toast & multigrain hoops <i>G, E</i>	Strawberry oat bars, rice Krispies & wholemeal toast <i>G</i>	Warm Weetabix, hard boiled eggs & grapes <i>G, E</i>	Wholemeal toast, malt wheats & grapes <i>G</i>
Snack	Cream crackers, grated cheese & rainbow peppers <i>G, D</i>	Salad sticks, hummus dip & melon <i>SU</i>	Malt loaf, sliced apple with cinnamon <i>G, SU</i>	Wholemeal toasted fingers, cucumber sticks & orange quarters <i>G</i>	Breadsticks, cream cheese & banana <i>G, D</i>
Dinner	Creamy Cod & broccoli spaghetti <i>G, SU</i>	Beef & vegetable bolognaise, wholewheat pasta & homemade garlic bread <i>D</i>	Roast chicken, stuffing, sweet potato mash, cauliflower & peas <i>D</i>	Veg Chilli Con Carne, rice & sour cream dip <i>F, D, G</i>	Pork sausage, creamy mash & garden peas <i>G, D</i>
Dessert	Creamy rice pudding <i>D</i>	Scones with strawberry jam & cream <i>G, D, E</i>	Poached pears & custard <i>D</i>	Healthy banana loaf <i>D, E, G</i>	Natural yoghurt with fruit puree <i>D</i>
Tea	Tomato soup with sourdough bread <i>G</i>	Chicken or ham brown rolls, grated carrot & orange segments <i>G</i>	Baked beans on wholemeal toast & melon <i>G</i>	Ham & tomato pin wheels, grapes & rainbow peppers <i>G</i>	Tuna & sweetcorn wholewheat pasta, peas & cucumber sticks <i>G, E, F</i>





# Evergreen Lodge Nursery & Preschool

## Winter Menu - WK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Porridge, wholemeal toast & banana <i>G,D</i>	Wholemeal toast, natural yoghurt & multigrain hoops <i>G,D</i>	Wholemeal toast, warm Weetabix & grapes <i>G</i>	Wholemeal toast, oat bars, apple & cinnamon <i>G</i>	Wholemeal toast, rice Krispies & melon <i>G</i>
Snack	Rice cakes, cottage cheese & apples <i>D,G</i>	Malt loaf, grated carrot & grapes <i>G,SU</i>	Turkey & pepper pittas with carrot sticks <i>G</i>	Cracker bread, carrot & blueberries <i>G</i>	Seasonal vegetable sticks, humus & sultanas <i>S,SU</i>
Dinner	Beef stew, carrots, potatoes, peas, onion & crusty bread <i>G</i>	Fish cakes, parsley sauce, skin on potato wedges & sweetcorn <i>E,D,G,F</i>	Pea, onion, carrots, parsnips risotto with parmesan cheese <i>G,D</i>	Roast pork with apple sauce, crispy roast potato, cauliflower, carrots & gravy <i>M</i>	Homemade chicken goujons, mash potato & spaghetti hoops <i>E,G,D</i>
Dessert	Healthy carrot cake <i>D,E,G</i>	Banana custard <i>D,E,G</i>	Strawberry angel delight <i>D</i>	Forest fruit coulis with Greek yoghurt <i>D</i>	Fruity flapjack <i>G,SU</i>
Tea	Crumpets, cucumber & oranges <i>D,G,E</i>	Spaghetti hoops on wholemeal toast & apple <i>G</i>	Oven baked crispy jacket, grated cheese & banana <i>D</i>	Toasted bagels with soft cheese & chive spread, pears & rainbow peppers <i>G,D</i>	Cheese or ham finger rolls, peaches & rainbow peppers <i>G,D</i>

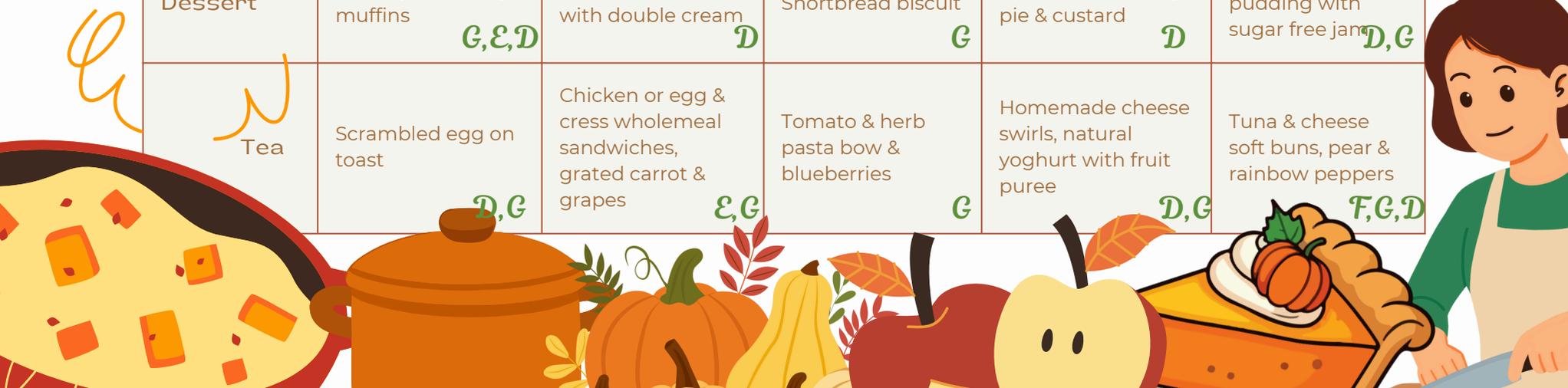




# Evergreen Lodge Nursery & Preschool

## Winter Menu - WK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Wholemeal toast, malt wheats & sultanas <i>G, SU</i>	Porridge, banana & oat bars <i>G</i>	Wholemeal toast, warm Weetabix & orange segments <i>G</i>	Bagels, multigrain hoops & sultanas <i>G, SU</i>	Wholemeal toast, hard boiled eggs & Greek yoghurt <i>G, D, E</i>
Snack	Tortilla wraps, humus & cucumber <i>S, G</i>	Toast fingers, sugar free jam & apple slices <i>G</i>	Cream crackers, grated cheese & grapes <i>G</i>	Cheese & spinach scones & peaches <i>D, E, G</i>	Fruit tea loaf, banana & steamed broccoli <i>G, SU</i>
Dinner	Three veg mac n cheese (peas, leek, butternut squash) <i>D, G</i>	Chicken casserole, carrots, peas, mash potato & gravy <i>D</i>	Fisherman's pie with petit pois <i>G, F, D</i>	Toad in the Hole, cauliflower & sweetcorn <i>D, E</i>	Beef & vegetable lasagna with homemade garlic baguette <i>D, G</i>
Dessert	Healthy blueberry muffins <i>G, E, D</i>	Fresh fruit salad with double cream <i>D</i>	Shortbread biscuit <i>G</i>	Apple & blackberry pie & custard <i>D</i>	Creamy rice pudding with sugar free jam <i>D, G</i>
Tea	Scrambled egg on toast <i>D, G</i>	Chicken or egg & cress wholemeal sandwiches, grated carrot & grapes <i>E, G</i>	Tomato & herb pasta bow & blueberries <i>G</i>	Homemade cheese swirls, natural yoghurt with fruit puree <i>D, G</i>	Tuna & cheese soft buns, pear & rainbow peppers <i>F, G, D</i>



# *Food Allergen Icons*



*D - Dairy*



*SD - Sulphor  
Dioxide*



*G - Gluten*



*M - Mustard*



*E - Eggs*



*N - Nuts*



*F - Fish*



*S - Sesame*