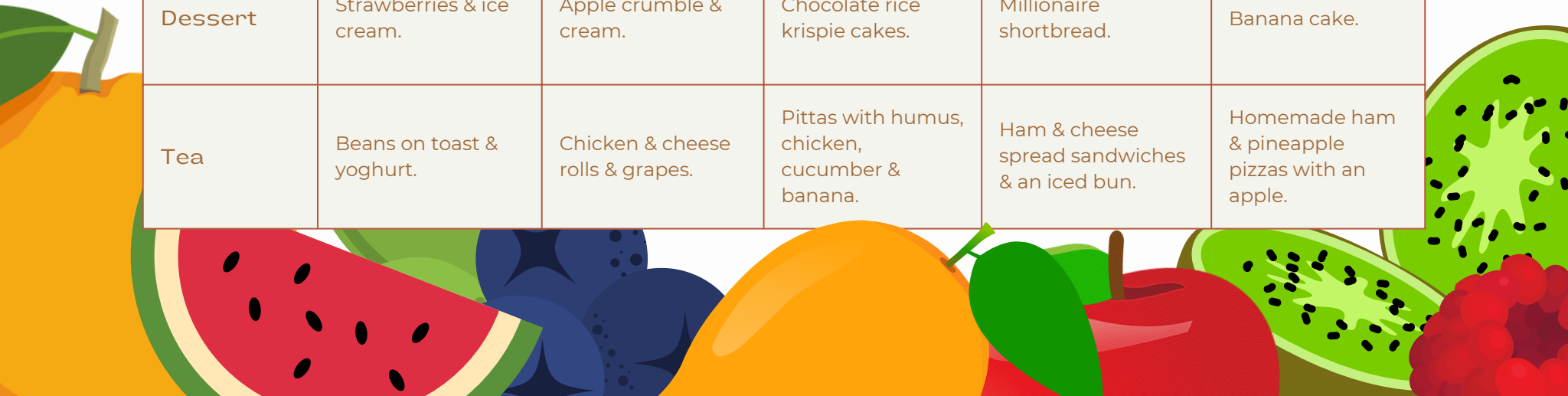




Evergreen Lodge Nursery & Preschool

Summer Menu - WK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.
Snack	Oatcakes, cucumber & oranges.	Rice cakes, banana & apple.	Bread sticks, melon & grapes.	Cream crackers, cheese & pear.	Cheese twirls, cucumber & grapes.
Dinner	Roast beef, Yorkshire pudding, mashed potato, carrots, sweetcorn & gravy.	Creamy cheese and bacon linguine with broccoli.	Homemade chicken goujons, potato wedges & baked beans.	Cheese and tomato pasta with sweetcorn	Chicken fried rice with prawn crackers
Dessert	Strawberries & ice cream.	Apple crumble & cream.	Chocolate rice krispie cakes.	Millionaire shortbread.	Banana cake.
Tea	Beans on toast & yoghurt.	Chicken & cheese rolls & grapes.	Pittas with humus, chicken, cucumber & banana.	Ham & cheese spread sandwiches & an iced bun.	Homemade ham & pineapple pizzas with an apple.

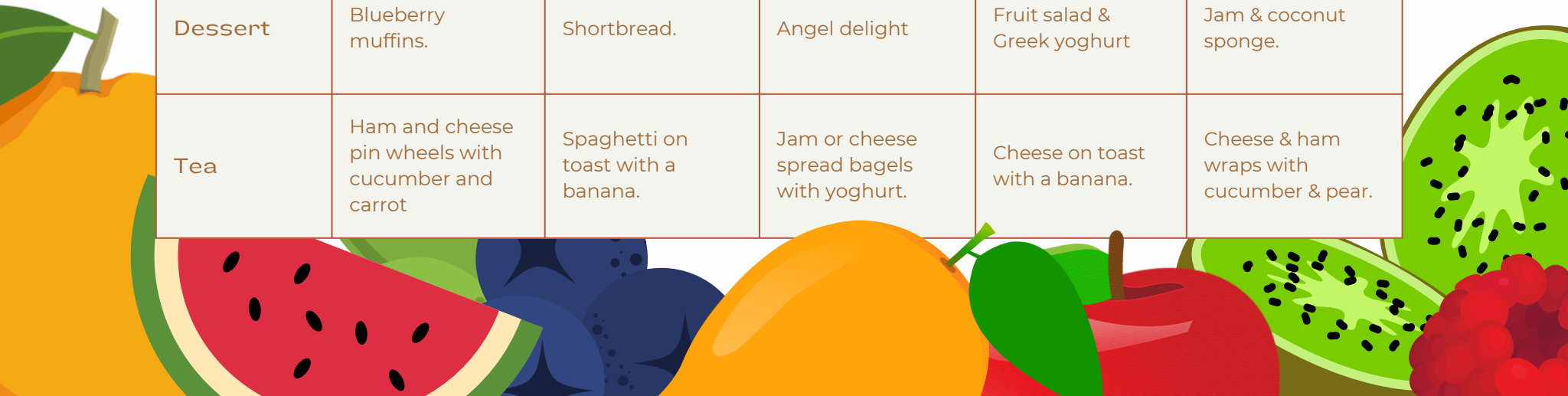




Evergreen Lodge Nursery & Preschool

Summer Menu - WK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.
Snack	Rice cakes, grated carrot & grapes.	Bread sticks, melon & cucumber.	Cheese & crackers, orange & pear.	Oat cakes, grated carrots & apple.	Malt loaf, grapes & banana.
Dinner	Chicken Korma, fluffy rice & naan Bread.	Roast pork, new potatoes, broccoli, cauliflower, peas & gravy.	Meatballs, pasta & carrots.	Creamy fish pie with carrots & peas.	Beef lasagne garlic bread & side salad.
Dessert	Blueberry muffins.	Shortbread.	Angel delight	Fruit salad & Greek yoghurt	Jam & coconut sponge.
Tea	Ham and cheese pin wheels with cucumber and carrot	Spaghetti on toast with a banana.	Jam or cheese spread bagels with yoghurt.	Cheese on toast with a banana.	Cheese & ham wraps with cucumber & pear.





Evergreen Lodge Nursery & Preschool

Summer Menu - WK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.
Snack	Breadsticks, grated carrots & melon.	Cheese & crackers, cucumber and grapes.	Oat cakes, blueberries and apple.	Pitta fingers with humus and cucumber.	Cheese twirls with melon & banana.
Dinner	Spaghetti bolognaise & garlic bread.	Homemade fishfingers & parsley sauce with creamy mashed potato & sweetcorn.	Roast chicken, mashed potato, carrots, peas, stuffing & gravy.	Pork & vegetable stir fry with noodles.	Tuna pasta and sweetcorn
Dessert	Fruit yoghurts.	Victoria sponge.	Fruity flap jack.	Jelly & ice cream.	Strawberries, raspberries and cream
Tea	Crumpets, banana & orange.	Cheesy tomato pasta & pear.	Chicken or cheese finger rolls with apples.	Cheese on toast with grated carrot & apple.	Homemade pizza wraps with cucumber & pear.



Evergreen Lodge Nursery & Preschool

Summer Menu - WK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.	Selection of cereal & toast.
Snack	Rice cakes with grated carrot & banana.	Crisp breads with jam, cheese spread & oranges.	Cheese & crackers with grated carrot & grapes.	Breadsticks with hummus, cucumber & banana.	Oat cakes, melon and cucumber.
Dinner	Sausage & mash with carrots, cauliflower & gravy.	Homemade fish cakes with parsley sauce, carrots & mash potato.	Cheese & potato pie with spaghetti hoops.	Beef burger in a bun with tomato sauce & potato wedges.	Chilli con carne with rice, tortilla chips and sour cream.
Dessert	Lemon drizzle cake.	Fresh fruit cocktail with cream.	Vanilla cakes.	Chocolate brownie with ice cream.	Fruit yoghurts.
Tea	Spaghetti on toast with grapes & pear	Bacon & herb pasta bake.	Ham pitta pizzas with grated carrots & apple.	Cheese spread muffins with apple & oranges.	Ham/egg sandwiches with grapes and pears.