

TIC TOC NURSERY SCHOOL - SUMMER MENU 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni cheese with broccoli & sweetcorn	Roast chicken, crispy potatoes with seasonal veg (V - Meat free chicken)	Spaghetti bolognese with mixed veg (V- meat free bolognese)	Sausage & bean casserole with mash potato & peas (V - meat free sausages)	Ham & pea tagliatelle (V - mushroom tagliatelle)
Pudding	Vanilla Sponge	SF Summer Fruit Jelly	Eton Mess	Bananas & custard	Cocoa & Beetroot brownies
Tea	Paella with roasted mediterranean veg	Homeade tomato & herb pasta	Ham & Cheese muffin bakes (V - quorn ham)	Chefs choice soup with rolls	Vegetarian pizza
PUDDING	Zesty fruit bowl	Melon slices	Fruit selection	Fromage Frais	Yogurt with berry puree
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	BBQ chicken with rice & sweetcorn (V - quorn pieces)	Beef & Spinach lasange with garlic bread fingers (V - meat free mince and vegetable lasange)	Gnocchi & tomato bake with sweetcorn	Chickpea & Spinach curry with pilau rice	Tuna Mayo & Sweetcorn pasta
PUDDING	Carrot & sweet potato cake	Fruity oat cookies	Pumpkin Pie	Yogurt & Berries	Summer fruit crumble with custard
Tea	Salmon flakes linguine with peas (V - veg linguine)	Jacket potato with beans & cheese	Special Chicken rice	cheesy veg puff slices	Lentil daal with naan bread
PUDDING	Melon slices	Fruity Yogurt	Blueberry and Orange tray pancakes	Fruit salad	Lemon & poppyseed shortbread shapes
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken & Sweetcorn creamy pasta	Sweet & Sour quorn pieces with rice and carrots	Beef burittos with homade coleslaw (V - plant based mince)	Meat free mini burgers with roasted vegetable chips & beans	Spanish Chicken with rice (V - plant pieces)
PUDDING	Fruity flapjacks	Fruit Trifle	Summer fruit tarts	Banana bread	Marble Cake
Tea	Cheese & tomato puff pastry swirls with veg	Vegetable potato bake	Tomato & herb soup with ciabatta	Fish goujon wraps with cucumber ribbons	Pasta salad bowl
PUDDING	Fruit salad	Banana & blueberry wholemeal muffins	Greek yogurt with strawberries & peaches	Fruit Bowl	Honey & oat cookies
Lunch is served at approx 11.30 and Tea time at 3.45pm					
FOOD ALLERGIES and INTOLERANCES					
Please inform the Nursery Manager if your child has a food allergy. We will ensure that staff and chef are aware of this and will set up a special menu, if necessary. Please ensure that any changes to your childs dietary requirements are provided via email to admin@tictocnurseryschool.co.uk					

