

## TIC TOC NURSERY SCHOOL - WINTER MENU 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti & lamb Meatballs with mixed veg (V - meat free balls)	Potato, chick pea & vegetable curry with jeweled rice	Homemade Chicken & leek pie with mash, peas carrots & gravy (V - cheese & onion pie)	Plant based bolognese with grated cheese	Irish beef Stew with crushed garlic potatoes, root veg & dumplings (V- veg stew)
Pudding	Fromage Frais	Cranberry spiced cookies	Bananas & custard	Fruity flapjacks	Carrot & Orange cake
Tea	Mini meat free burgers with sweet potato wedges	Spinach & Gnocchi bake with sweetcorn	Vegetarian pizza with salad	Rainbow vegetable cous cous	Chefs choice soup with wholemeal bread rolls
PUDDING	Fruit Kebabs	Apple & Banana pastries	Pineapple Fingers	Greek yogurt & berries	Fruit Salad
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni cheese with broccoli & sweetcorn	Quorn chilly with kidney bean, carrots and rice	Loaded twiced baked potato casserole with baked beans	Beef & Spinach lasange with mixed veg (V - plant based mince)	Fish goujons with homeade wedges & peas (V - veggie fingers)
PUDDING	Gingerbread Oaties	Fruit jelly	Banana Bread	Raspberry & Coconut balls	Greek yogurt & black forest compote
Tea	Keema biriyani (V - vegetable biriyani)	Creamy tomato soup with ciabatta	Quorn & vegetable stir fry chow mein	Ham & cheese muffin bakes (V - quorn ham)	Lentil daal with naan bread
PUDDING	Fruit Salad	Rice Pudding with jam	Melon slices	Lemon & poppyseed shortbread stars	Fruit Kebabs
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sausage, mash, peas & gravy (V - vegetarian sausages)	Roast chicken with potatoes, runner beans & gravy (V - protein slices)	Shepherds pie with mixed veg (V - meat free pie)	Spaghetti Marinara with broccoli & garlic bread slices	Butter Chicken with rice & carrots (V - quorn chunks)
PUDDING	Fromage Frais	Nutricious Milo balls	Oat & honey cookies	Cocoa & Beetroot brownies	Winter crumble with custard
Tea	Tuna Bake with sweetcorn (V - veg bake)	cheesy vegetable pastries	Chicken noodle soup with rolls (V - vegetable & bean noodle soup)	Salmon & vegetable rice	Jacket potato with beans & cheese
PUDDING	Fruit Salad	Vanilla sponge	Yogurt & fruit puree	Melon slices	Homemade jam & coconut tart

Lunch is served at approx 11.30 and Tea time at 4pm

### FOOD ALLERGIES and INTOLERANCES

Please inform the Nursery Manager if your child has a food allergy. They will then ensure that staff and chef are aware of this and will set up a special menu, if necessary.

