

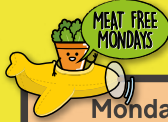
# BURLINGTON NURSERY SCHOOL

Spring 2022



## WEEK 1

03/01, 24/01,  
21/02, 14/03



	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
<b>Option 1</b>	Cheese Flan served with New Potatoes	Organic Beef Meatball Pasta	Roast Gammon served with Roast New Potatoes and Gravy	Southern Style Crunchy Free Range Chicken served with Jeweled Rice	Gluten Free Battered Fish served with Chips
<b>Option 2</b> Vegetarian	Spring Roll served with Stir Fried Noodles	Vegetarian Meat(less) Ball Pasta (Ve)	Vegetarian Bubble and Squeak served with Gravy	Spinach and Potato Curry served with Jewelled Rice (Ve)	Cheese and Tomato Whirl served with Chips
<b>Vegetables</b>	Broccoli Sweetcorn	Peas Carrots	Butternut Squash Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
<b>Dessert</b>	Fresh Fruit (Ve) or Yoghurt	Fresh Fruit (Ve) or Yoghurt	Fruit Salad (Ve)	Fresh Fruit (Ve) or Yoghurt	Carrot and Pineapple Cake

## WEEK 2

10/01, 31/01,  
28/02, 21/03

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
<b>Option 1</b>	Macaroni Cheese	Pork Sausage served with Mashed Potato and Gravy	Baked Chicken Goujons served with Potato Wedges	Organic Beef Chilli Con Carne served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
<b>Option 2</b> Vegetarian	Tomato and Basil Pasta (Ve)	Vegetarian Sausage (Ve) served with Mashed Potato and Gravy	Cauliflower Cheese Croquettes served with Potato Wedges	Sweet Chilli Quorn served with Steamed Rice	Vegetable Nuggets served with Chips (Ve)
<b>Vegetables</b>	Sweetcorn Broccoli and Cauliflower	Garden Peas Cabbage	Baked Beans Sweetcorn	Green Beans Carrots	Garden Peas Baked Beans
<b>Dessert</b>	Fresh Fruit (Ve) or Yoghurt	Fresh Fruit (Ve) or Yoghurt	Fresh Fruit (Ve)	Fresh Fruit (Ve) or Yoghurt	Vanilla Sponge with Custard

## WEEK 3

17/01, 07/02,  
07/03, 28/03

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
<b>Option 1</b>	Cheese and Tomato Pizza served with Potato Wedges	Organic Beef Bolognaise served with Pasta	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Mild Free Range Chicken Curry served with Steamed Rice	Cod Fishcake served with chips
<b>Option 2</b> Vegetarian	Vegetable Pizza served with Potato Wedges	Macaroni Cheese	Roast Quorn served with Stuffing, Roast Potatoes and Gravy	Mild Vegetable Curry served with Steamed Rice (Ve)	Quorn Nuggets served with Chips (Ve)
<b>Vegetables</b>	Baked Beans Garden Peas	Sweetcorn Broccoli	Cabbage Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
<b>Dessert</b>	Fresh Fruit (Ve) or Yoghurt	Fresh Fruit (Ve) or Yoghurt	Fruit Salad (Ve)	Fresh Fruit (Ve) or Yoghurt	Chocolate and Beetroot Brownie



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

THIS MENU SUPPORTS:

