

BURLINGTON NURSERY SCHOOL

Autumn/Winter 2021



WEEK 1

30/08, 20/09, 11/10, 08/11, 29/11

Meat-free Mondays



No Added Sugar Wednesdays

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetarian Sausage (Ve) served with Mashed Potato and Gravy	Free Range Chicken, Tomato and Pepper Bake served with Steamed Rice	Roast Pork served with Roast Potatoes and Gravy	Organic Beef Keema served with Steamed Rice	Breaded Fish served with Chips
Option 2 	Cheddar and Caramelized Red Onion Quiche served with New Potatoes	Macaroni Cheese	Sweet Potato and Lentil Wellington served with Roast Potatoes	Tandoori Vegetables served with Steamed Riced	Quorn Nuggets served with Chips (Ve)
Option 3					
Vegetables	Roasted Root Vegetables	Carrots Garden Peas	Sweetcorn Steamed Cabbage	Green Beans Carrots	Garden Peas Baked Beans
Dessert	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Orange Shortbread (Ve)

WEEK 2

06/09, 27/09, 18/10, 15/11, 06/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Minced Organic Beef Pie served with New Potatoes	Pork Sausage Hot Dog	Free Range Chicken Tikka Masala served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
Option 2 	Red Pepper and Sweetcorn Pizza served with Potato Wedges	Spanish Omelette served with New Potatoes	Vegetarian Sausage Hot Dog (Ve)	Sweet Potato and Chick Pea Curry served with Steamed Rice (Ve)	Cheese and Tomato Turnover served with Chips
Option 3					
Vegetables	Broccoli Baked Beans	Carrots Garden Peas	Green Beans Carrots	Sweetcorn Garden Peas	Garden Peas Baked Beans
Dessert	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Chocolate Brownie

WEEK 3

13/09, 04/10, 01/11, 22/11, 13/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and Bean Jambalaya (Ve)	Organic Beef Bolognese served with Spaghetti	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Free Range Chicken Balti served with Steamed Rice	Breaded Fish served with Chips
Option 2 	Cheese, Leek and Potato Pie	Vegetarian Bolognese served with Spaghetti (Ve)	Roast Quorn served with Stuffing, Roast Potatoes and Gravy	Vegetable and Chick Pea Korma served with Steamed Rice	Vegetable Nuggets served with Chips (Ve)
Option 3					
Vegetables	Garden Peas Carrots	Cauliflower Sweetcorn	Butternut Squash Green Beans	Sweetcorn Carrots	Garden Peas Baked Beans
Dessert	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Vanilla Sponge with Custard

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



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:

